



Agawam Advertiser News

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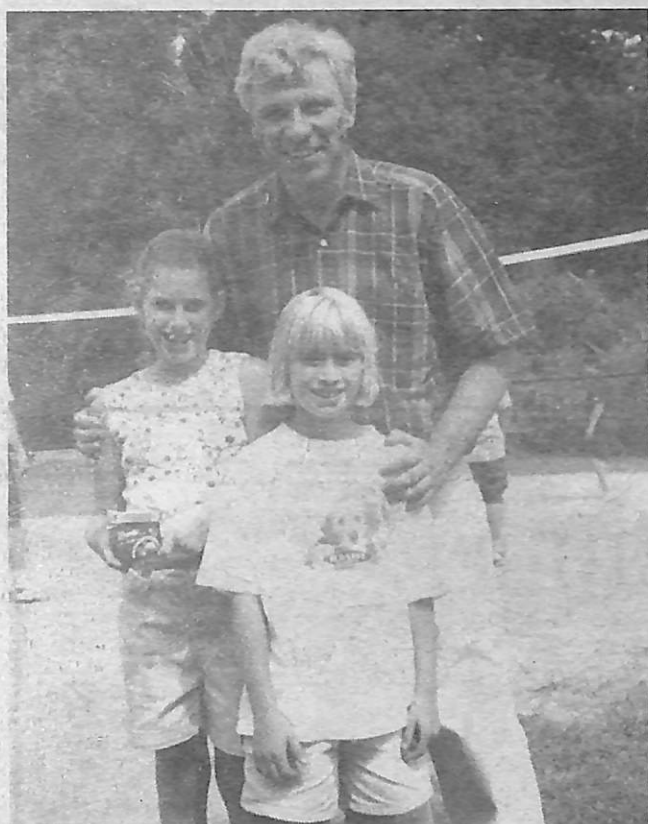
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"Your Hometown Newspaper"

Volume XXIII Number 37

September 14, 2000

Fun & Games At St. John's Parish Picnic...



FATHER WILLIAM LUNNEY greets Danielle and Katie Fife (left photo) at the Annual St. John's Parish Picnic held at St. John's Field. IN CENTER PHOTO: Holly and Olivia Frosh visit the fish Pond at the Parish Picnic. IN RIGHT PHOTO: Father Howard McCormick, pastor of St. John's Church in Agawam Center, gets dunked at the picnic. Advertiser News photos by Kathy Shepard.

School Subcommittee Report Suggests Advertising For Attorney

by Hope E. Murray
Municipal Writer

The Agawam School Committee's Legal Services subcommittee presented a report September 12th recommending the committee actively search for a new School Department attorney.

The subcommittee, which consisted of School Committee members Linda M. Galarneau, Roberta G. Doering and Susan R. Dawson, suggested the School Committee should advertise the position in local newspapers and decide how to screen and interview applicants.

The committee asked the subcommittee to put together a resolution which will be voted on at the next meeting.

The Agawam Public Schools currently pays long-time Attorney John J. Teahan \$95 per hour for legal services without a contract. One member of the committee said she would vote down any proposal concerning legal services.

"I'm happy with the way things are now," said Committee member Teresa M. Kozloski.

Committee member Susan A. Pettazzoni looked to

the subcommittee and Chairman (Mayor) Richard A. Cohen for direction as to how to best go about the process of getting a new attorney.

"Which arena is best, should we ask for Requests For Proposals (RFP)?" she said, then addressed Superintendent of Schools Frank Ameruso.

"In your contact with other superintendents, is it a good idea to contract with an attorney or to do it the way we do on an hourly basis?"

Ameruso said he has found varied ways of obtaining legal services throughout the state.

"Some systems have an attorney on retainer, some have one on retainer plus an hourly attorney," Ameruso said. "I've actually been scouring the state asking for a model for RFPs and nobody has one."

Teahan was present at the meeting and addressed the committee during Citizen Speak Time.

"I've been a practicing attorney in Massachusetts since 1956 and have represented the Agawam School Committee since 1970," Teahan said.

SEE ATTORNEY - Page 5

APD's Bike Patrol Logs In Lots Of Miles

by Kathy Shepard
Feature Editor

Since late 1995, the Agawam Police Department's mountain bike patrol has been going strong, and people in town enjoy the contact with D.A.R.E. Officer Karen Langevin and Community Police Officer John Moccio whenever they come in contact with folks in the neighborhood.

In the early part of the 20th century, most police officers had a "beat," walking the streets and meeting citizens face-to-face. As transportation became more sophisticated and automobiles more common, perhaps there was more distance between the common citizen and the patrolman.

The Agawam Police Department's mountain bike patrol, however, has bridged much of that gap. Seeing Moccio or Langevin as they ride around town on their G.T. mountain bikes actually creates a connection with them. The community and the Police Department can stay in closer touch, according to

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BIKE PATROL - from Page 1

them.

Keith Bopko was instrumental in getting the bike patrol established in late 1995, with approval and support from Chief Robert Campbell. Originally, Patrolmen Bopko, Brian Connor, Steven Grasso, and alternate Richard Riccio comprised the bike patrol. The patrol has since been reduced due to attrition in the department.

Langevin finds that "no two days are the same. I love the flexibility of the job and the interaction with people. We can actually stop and find what concerns people in various neighborhoods. Because of the bike patrol, we are visible. It breaks down barriers and helps us to go back to an older way of doing things, when officers were accessible to the public."

Langevin serves on the bike patrol in the summer and sees it as an opportunity to maintain contact with the youth of the community. During the school year, she is the D.A.R.E. Officer.

Langevin attended Springfield Technical Community College, earning an associate's degree in criminal justice. She served on Agawam's Auxilliary Police force for three months, was hired full-time when she was 21, and served as a patrolwoman for 13 years before becoming the D.A.R.E. Officer.

Moccio has served as Community Police Officer for three years. He attended Springfield Technical Community College, earning an associate's degree in criminal justice. While in school, he was hired by the Hampden County Sheriff's Department and remained with that post for 7-1/2 years. During that time, he obtained experience with the bike patrol.

Moccio was also a part time West Springfield Special Police patrolman. He took the Civil Service Exam and was hired full-time by Agawam in December 1997 as a patrolman. Agawam sent him to the Police Academy for 21 weeks and when a bike patrolman was needed, Moccio fit the bill.

Moccio also serves as liaison to the Agawam Police Explorers. This group holds meetings every



ON THE MOVE ON THEIR MOUNTAIN BIKES this past summer, keeping a close watch on the streets of Agawam, were Agawam Police Bike Patrol officers Karen Langevin and John Moccio. Advertiser News photo by Kathy Shepard.

other Sunday and they give presentations. They also visit Moses Scout Camp, do traffic control for scouting jamborees, and march in the Memorial Day Parades.

The bike patrol is assigned to all of Springfield Street, but that has been amended to incorporate the wants and needs of the area. They ride through the Senior Center, Beekman Condos, and sometimes Six Flags. This year, the main project during the summer had been Brady Village in Feeding Hills, "due to the influx of calls and concern of citizens and area residents," Langevin told us.

Other Frequent Stops...

Other frequent stops for bike patrolmen included Perry Lane Park. The State Pool was an everyday stop. The patrol covers the High School and Agawam Library area often, as well as all schools which have playscapes. In addition to the bike patrol, they teach crime prevention (how not to be a victim), bicycle

safety, and give presentations for girl scouts, cub scouts, and other youth groups.

For the past three years at Perry Lane Park, there have been three or four sessions per summer of bike rodeos. These are all-day events. Bikes can be checked for safety during these events. Axler's Bike Shop of Agawam is usually represented at these rodeos, putting air in tires and doing bike maintenance.

Also, there was a bike rodeo at the Agawam Junior High School on June 17th, which was open to the public. A certificate was given for those successful in completing an obstacle course. Snacks and juice were provided by Dave's Soda and Pet City. Bike inspections and helmet fittings were done, and helmets could be purchased for just \$8.

SEE BIKE PATROL - Page 5

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Letters To The Editor

Pond House Owner Addresses Questionnaire

To The Editor:

To Mayor Richard A. Cohen:

I do not need a form to fill out to express just how I feel about Six Flags and the Town of Agawam.

To me, this is a little late to solve problems that already exist and with no way to correct them. This should have been foreseen with Six Flags causing all the traffic problems and waterline problems caused from the Water Park.

Pagers Motel and banquet property had a lawsuit brought against the park because of sewage problems. The lawsuit was settled out of court because Six Flags bought the property, and the lawsuit was resolved.

My next-door neighbor moved to Connecticut. His business also decreased tremendously with all the traffic problems. Both of his properties are on the market.

I have been doing business in Agawam since 1981. I have been at this location for 10 years. My property is now on the market, and I have also closed my doors as well.

You don't have to send out questionnaires to find out just how we, small-town people, are suffering with this park.

I used to attend Town Hall meetings, but that was a waste of time. We were promised we would not have concerts anymore - last month there was a park concert. All you have to do is drive down Main Street to see all the "For Sale" signs - I think that should answer your questions.

We, as taxpayers, shouldn't have to be asked how we could improve our business area; this is why we voted you in and the rest of the officials - to watch out for our way of life.

Question #16 is another example of what I'm talking about. Why do more advertising to bring in more people to this area, when we can't handle the traffic we now have with all the advertising Six Flags does in all the New England states and in New York? What is going to happen in a few weeks when The Big E is here on the same weekends that the park is still open? I can't get out of the driveway now.

You mentioned in your questionnaire about the South End bridge. My customers who had to travel that route coming from East Longmeadow, Wilbraham, Longmeadow, and Springfield, told me that they didn't want to come any longer until after the summer season was over because of how they got caught in traffic.

You say you have an open-door policy; to me, that is a one-on-one conversation. How come when I called your office, your secretary said you weren't available and asked me what it was in reference to. She did say that you would receive the message. Well, a few hours later, I received a call from a police sergeant. I made a call to you, Mr. Mayor, not to the police station; this was after my property was vandalized.

I do not need a postcard to express my opinion anonymously.

Catherine Edelman
Pond House Restaurant
Main Street, Agawam

Please remember to
patronize your
local businesses ...
**ADVERTISER
NEWS!!!**

Soccer Alumni Thank Coach Cavallo & Charlie Monnier

To The Editor:

Quite a few years ago, the soccer alumni games were pretty big events. One year, 42 alumni came to play. We had to make four teams of 10, and each player only got to play one period. Unfortunately, due to factors beyond the control of the alumni, the alumni soccer games no longer were played for most of the 1990's. Many former players missed that one game a year back at old AHS.

This year, our new boys' coach, Jonathan Cavallo, and our new athletic director, Lou Conte, really cooperated with the alumni, and we were able to practice with the varsity in a nearly game-like situation; an old tradition was renewed. Hopefully, as it happened in the 1970's and 1980's, the alumni game will get bigger every year and be a time for players to return and meet our coaches, parents, and current players.

Our new boys' coach has a huge task ahead of him, and the support and following from parents, fans, and alumni will help him tremendously. Cheering at games or joining the Booster Club would certainly be good ideas.

The alumni would like to thank Charlie Monnier, who donated his time to officiate this year. Charlie was an official back in 1968 when nobody in Agawam knew how to play or owned a ball. Boy, has that changed!

Sincerely,
Walt Willard

AHS Boys' Soccer Coach (1968-1974)

Area Residents Contribute To Jerry Lewis Telethon

To The Editor:

I knew we could count on the wonderful folks of Feeding Hills! Thank you for helping the Jerry Lewis MDA Telethon raise a record of \$54,610,289 in pledges and contributions.

Hundreds of celebrities and nearly a million volunteers worked Labor Day weekend to help "my kids." Yet, all our hats off to you Feeding Hills residents for phoning in pledges to the Telethon on WGGB-TV, News 40, and for supporting firefighter "Fill-the-Boot" drives and other local MDA events. Your caring gives tremendous support to the children and adults in

Massachusetts and to families across the country.

Thanks to you, MDA maintains 230 clinics, including the clinic at Baystate Medical Center in Springfield. These havens of help are staffed by top medical experts dedicated to giving life-enhancing care to people challenged by muscle-wasting diseases.

Thanks to you, MDA will continue to accelerate worldwide research seeking treatments and cures for devastating neuromuscular disorders which affect people of all ages, both sexes and every nationality.

You'll be interested to know that the breakthroughs being pioneered by MDA investigators may also soon lead to therapies for heart disease, cancer, AIDS, Alzheimer's, Huntington's, Parkinson's, and cystic fibrosis.

For more information or to get involved, call your local MDA office at (401) 823-5260, MDA national headquarters at (800) 572-1717, or by visiting us at www.mdausa.org.

Sincerely,
Jerry Lewis
MDA National Chairman

Thanks For Making Summer Series Such A Success

To The Editor:

On behalf of the Agawam Cultural Council and the Agawam Rotary Club, I would like to thank the numerous businesses, volunteers, and musicians who made this summer's entertainment series a great success.

Despite two rainy nights, we estimate that over 13,000 people attended the 11-event program, including over 3,000 for our grand finale.

By all accounts, it was quietly the most successful program of its type in Western Massachusetts.

Thanks to Mayor Cohen and his staff for their support, but most importantly, thank you to all of you who attended and supported the series throughout the summer.

As always, your warm and enthusiastic support of our performers has left them with a lasting impression of our town.

Sincerely,
Michael Grandfield
Chairperson, Agawam Cultural Council

Agawam Republican Town Committee Slates Breakfast Meeting, Sept. 16th

The Agawam Republican Town Committee will hold a breakfast meeting on Saturday, September 16th, at 8:30 a.m. at the Oak Ridge Country Club in Feeding Hills.

The agenda will include the regular monthly business meeting and a guest speaker, Bill Johnston, who

will give an update on the campaign to elect Marshall Moriarty to Governor's Council.

Scott Hibbard, committee chairman, invites anyone interested in becoming an active member of the Republican Town Committee to attend this meeting.

If you visit the Advertiser News' new office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance. Thank you...



The Agawam Advertiser News

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BIKE PATROL - from Page 2

In addition to these community events and the social contact with the bike patrol officers, youngsters learn that if they are "caught" practicing bike safety and wearing a helmet, they'll receive a certificate for free ice cream at Stan's Soft Serve.

Chief Robert Campbell told us, "Our primary bike patrol is from 4:00 p.m. to midnight, but these hours are flexible. We've made John Moccio a specialist in dealing with certain types of community problems or in interventions. Lieutenant Stephen Draghetti is in charge of Community Policing and is free to assign Moccio to the most needed areas. Some of the costs come out of our Community Policing grant, which also covers other expenses. We have found that the bike patrol has been a successful venture."

ATTORNEY - from Page 1

He submitted a letter to the committee outlining his service and experience both in Agawam and with school committees in other towns, including West Springfield and Westfield.

"I've outlined some of my concerns both personally and as an attorney with regard to that contract. I urge that the attorney elected be involved in Special Education. It is incumbent on the School Committee to take a hard look at what the terms and conditions of this contract are and take a look at the hourly rates that are going to come in," Teahan said, adding that the Committee can expect to see hourly rates of \$125 to more than \$400, while he charges the committee \$95 per hour.

"I am ready, willing and able to continue my 30 years of service to the School Committee and I extend my appreciation to those members who have indicated their support," Teahan added.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you.
ADVERTISER NEWS!!!

Superintendent Of Schools' Report

by
Dr. Frank Ameruoso
Agawam Public Schools



SUPERINTENDENT'S GOALS/ OBJECTIVES (1999-2000)

(Part 1 of 2)

FINAL REPORT

In September 1999, I published a complete text of goals and objectives that I, as superintendent of the Agawam Public Schools, would use to improve our school system. A year has passed and I am pleased to submit to the school community a "final report" on the status of those goals/objectives. I am quite pleased to inform you that I was able to accomplish almost 100% of them. I believe in doing so that there is real evidence of positive movement in the Agawam Public Schools and that my goals/objectives served as the guiding light of my leadership activity.

I will be developing some new goals/objectives for 2000-2001 and will continue to pursue some of last year's goals, which are ongoing. I would like to take this opportunity to thank the Agawam School Committee for the support I received in specific areas and for your support, in general. I will continue to do my best to improve our school district and to insist on "quality" in our educational programs.

A. DISTRICT GOALS

I. Superintendent's Goal:

To assist the Agawam School Committee in achieving the Mission of the Agawam Public Schools. *(This goal has been achieved for this school year. However, I recognize that it is an ongoing goal. Therefore, I will carry this goal over to the 2000-2001 school year.)*

II. Objectives:

1. To provide the appropriate leadership and support necessary to develop a district-wide School Improvement Plan. *(This objective has been achieved. The PLAN was presented to the School Committee for its approval on April 11, 2000. It is posted online at agawampublicschools.org. The joint school council will meet in March 2001 to review and evaluate the progress of this plan.)*

2. To assist the School Committee in achieving the district goals identified in the School Improvement Plan, as defined by the School Committee goals/objectives. *(This goal has been achieved for the school year. However, it is an ongoing process and will be identified as a goal for 2000-2001.)*

3. To provide the School Committee with the necessary information to determine priorities prior to budget preparation for FY 2001. *(This has been achieved by the development of the FY 2001 budget and its subsequent approval by the School Committee and City Council.)*

B. CURRICULUM/FRAWORKS

I. Superintendent's Goal:

To open more educational opportunities to all students and guarantee the delivery of the framework-based curriculum. *(This goal has been achieved for this school year.)*

II. Objectives:

1. To fully implement the written curriculum by overseeing the development of a measurable instrument to guarantee the delivery of the "taught" curriculum. *(A system is now in place to monitor the delivery of the curriculum based on the frameworks. This system is based on coding placed in the daily lesson plans that can be reviewed by the principal and the central office administration.)*

2. To personally observe the process of the taught curriculum by regular weekly visitation of classrooms in each school building. *(I have made regular classroom visitations as per the schedule I developed.)*

SEE AMERUOSO - Page 7

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- Agawam Obituaries -

EUGENE M. ARSENAULT

Eugene M. Arsenault, 67, of 44 Ley Street, Agawam, died on Sunday, September 10th, at home.

He was a 30-year educator for Suffield High School, where he taught math and computer science from 1962 until his retirement in 1992.

Born in Rumford, Maine, he was raised there and graduated from Stephens High School in Rumford on June 5, 1952. He graduated from the University of Maine at Orono in 1962 with a degree in chemical engineering. He received his master's degree in education from Westfield State College.

He was a resident of Agawam for 37 years and was a communicant of St. John the Evangelist Church.

He was an avid wood worker, and genealogist for the Arsenault family, and enjoyed working on his computer.

He enlisted in the Army on May 23, 1955, and served as an interpreter and as a petroleum engineer while on active duty, and served in the Reserves from 1959 until his discharge on April 30, 1963.

He was a member of the National Education Association, Connecticut Education Association, Suffield Education Association, and past president and chief negotiator of the first Suffield teachers' contract.

He was the son of the late Rene and Alice M. (Gallant) Arsenault.

He is survived by his wife, Annette M. (Langevin) Arsenault; two sons, Eugene M. Arsenault, Jr. of Feeding Hills and Brian D. Arsenault of Agawam; a daughter, Mary Ellen Russell of West Springfield; five brothers, Denys Arsenault of Kittery, Maine, Raymond of Manchester, New Hampshire, Robert and Leo Paul

Arsenault, both of Rumford, and Charles Arsenault of Hagerstown, Maryland; three sisters, Irene Prue of Worcester, Beatrice Arsenault of Rumford, and Marie Alice Reynolds of Princeton, Minnesota; and four grandchildren.

The funeral was scheduled for Friday morning, September 15th, at 8:00 a.m. at Colonial-Forastiere Funeral Home, followed by a funeral Mass at 9:00 a.m. in St. John the Evangelist Church, with burial in Agawam Center Cemetery, all in Agawam. Visiting hours were scheduled for the evening of Thursday, September 14th, from 6:00 to 9:00 p.m.

In lieu of flowers, memorial contributions may be made to the Noble VNA and Hospice, 77 Mill Street, Westfield, MA 01085, or to the Center of Hope at Noble House, 86 Court Street, Westfield, MA 01085.

REV. GINO L. RUFO

Rev. Gino L. Rufo, 70, of Agawam, a church founder and pastor, died on Saturday, September 9th.

He founded Grace Church of Christ in Springfield, where he was senior pastor since 1979.

He had been a civil engineer for the Commonwealth of Massachusetts and sales manager for Westvaco for 25 years. He retired in 1984.

Born in Pittsfield, he lived in Springfield and Wilbraham for many years before moving to Agawam in 1975.

He was a graduate of Pittsfield High School and Pine Crest Bible School in New York. He also attended Rensselaer Polytechnic Institute in Troy, New York.

He was an Army veteran of the Korean War.

He leaves his wife, the former Jean Dragone; two sons, Gregory G. of Springfield and Victor J. of Feeding Hills; two sisters, Mary J. Rufo and Theresa

Rawson, both of Richmond; and a granddaughter.

The funeral was scheduled for Friday morning, September 15th, at the church, with burial in Springfield Street Cemetery, Feeding Hills. Calling hours were scheduled for the late afternoon and evening of Thursday, September 14th, at Sampson's Chapel of the Acres Funeral Home in Springfield.

Memorial contributions may be made to the church at 330 Springfield Street, Springfield, MA 01107.

ANTHONY P. STRYCHARZ

Anthony P. Strycharz, 77, formerly of Phyllis Lane, Westfield, a well-known area amateur golfer and club owner, died recently at Mercy Hospital in Springfield.

He owned and operated the 140-acre Oak Ridge Golf Club off South Westfield Street in Feeding Hills since 1977. He was originally a half-owner of the club and was a former club champion there and at the Shaker Farms Country Club in Westfield. He previously owned the Silver Street Superette.

Born in Easthampton, he lived in Westfield most of his life and was a communicant of St. Peter's Church.

He was a member of the Slovak Citizens Club and also belonged to the Forest Country Club in Fort Myers, Florida.

His wife, the former Sophie Korona, died in 1994.

He leaves three sons, George S. of Falmouth, and Anthony P. Jr. and William A., both of Feeding Hills; a brother, John of Southampton; and three grandchildren.

The funeral was held at Agawam Curran-Jones Funeral Home and the church, with burial in Springfield Street Cemetery, Feeding Hills.

Memorial contributions may be made to Jericho, 537 Northampton Street, Holyoke, MA 01040.

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ENTREES:

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Grilled Tenderloin Madeira - Center cut tenderloin grilled in a pesto crust topped with a roast garlic Madeira sauce served with potato tower and asparagus.

Enjoy Summer Nights in the Bistro Lounge with the sounds of:

Thursday, Sept. 14th - Classical Pianist Vadim	7:00
Friday, Sept. 15th - Piano Vocalist Kevin Burns	P.M. -
Saturday, Sept. 16th - Pianist Natalie Borowiec	???

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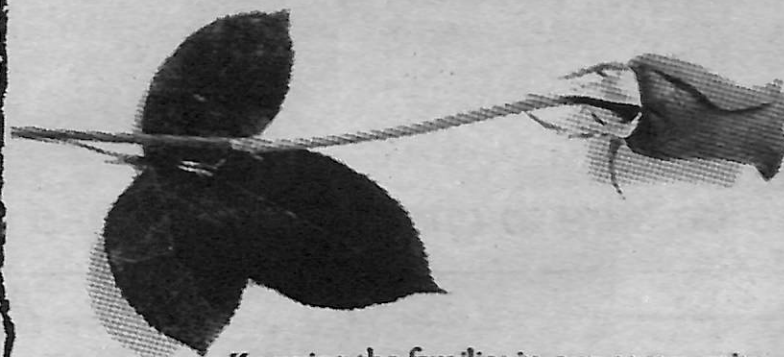
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School Committee Extends Czajkowski's Contract For Three Years

By Hope E. Murray
Municipal Writer

The Agawam School Committee voted Tuesday, September 12th, to extend the contract of Assistant Superintendent Mary A Czajkowski for another three years. The unanimous vote took place after Committee members and Superintendent Frank Ameruso offered praise and gratitude to Ms. Czajkowski.

"She has identified with the mission of the Agawam Public Schools so completely she has made it a part of her personal and professional goals," Ameruso said. "I think we're light years ahead of where we were two years ago because of her." He added that there was "no doubt" in his mind that Ms. Czajkowski's contract should be extended.

Committee member Susan A. Pettazzoni recalled the first time she met Ms. Czajkowski and said she learned a lot about her from her former colleagues, who spoke highly of her. Pettazzoni also apologized to her for the delay in the extension vote.

Ms. Czajkowski's current contract, which expires in July 2001, called for a vote of contract extension in

July 2000. Because the School Committee did not meet during the summer, Ms. Czajkowski agreed to wait until September for a vote.

"I'd like to make it a personal goal that this does not happen again," Mrs. Pettazzoni added.

Committee member Susan R. Dawson thanked Ms. Czajkowski for the "outstanding" job she does and remembered that she was the first person to welcome her to the School Committee.

School Committee Secretary Linda M. Galarneau told Ms. Czajkowski that she had a good "gut feeling" about her.

"And I don't get those too often," Mrs. Galarneau added. "She doesn't hold any punches and her word is her word; I like that. We have benefited from your honesty, your professionalism, and your intelligence," Galarneau told Ms. Czajkowski.

Ms. Czajkowski thanked the committee and her colleagues.

"I am very proud, honored, and privileged to work in

the Agawam School System," she said.



ASST. SUPERINTENDENT MARY CZAJKOWSKI

"I appreciate your confidence in me, and I will work to the best of my ability to live up to that confidence."

AMERUSO - from Page 5

I personally sat in and observed/participated in over 80 class sessions. This experience was totally enjoyable. I am impressed by the quality of instruction taking place in our district. Most of the visitations were at the elementary/middle school level. This coming year, I will spend more time at the secondary level.)

3. Reinstitute the Superintendent's Student Advisory Council in order to establish a direct linkage with the high school student body through its representatives. *(This has been accomplished with a great deal of success. The students have been responsive and communicative with the Superintendent, and a number of issues have been addressed as a result of this communication, e.g., smoking at the high school.)*

4. To review and recommend program changes that are in keeping with equal educational opportunity for students and which support individual student needs. *(This has been accomplished through the changes recommended in the Agawam High School Program of Studies. More work has to be done on this ... it is an ongoing work in progress.)*

C. INSTRUCTIONAL LEADERSHIP

I. Superintendent's Goal:

To develop more effective schools through the enhancement and support of site-based management at the building level and team management in the central office. *(I believe a great deal of progress has been made in this area. Principals are more secure in their site management and there is a better working relationship with the central office team. We are all one team and the school councils are a vital part of that team.)*

II. Objectives:

1. To provide leadership and professional development opportunities for central office administration and principals to develop their instructional leadership skills. *(Many opportunities have been provided for principals this year: RBT (Research for Better Teaching), Workshops on Recertification, etc. Principals have taken good advantage of these opportunities. The central office has pursued a planned approach to its own professional development needs.)*

2. The Superintendent will continue his program of professional development in which he has earned over 120 PDPs in three years participating in AASA, MASS, MASC, and DOE sponsored professional development workshops and seminars. He will encourage the same for the Deputy and Assistant Superintendents. *(This has been done according*

to the schedule submitted to the School Committee.)

3. Strongly encourage principals' participation in RBT (Research for Better Teaching) conducted by Ken Chapman. *(Three principals participated in this program last year and three this year.)*

4. Require annual goals/objectives for all administrative personnel. *(These were submitted to me in September and I have monitored them for the year.)*

5. Require principals to maintain "portfolios" of specific administrative functions as identified by the Superintendent. *(These portfolios are kept and reviewed by me twice a year.)*

6. Support principals' participation in staff development activities with their teachers. *(Principals have participated in activities with their staff members on the two professional development days.)*

7. To meet regularly with the Deputy Superintendent and Assistant Superintendent to assess needs and develop strategies. *(We meet once a week to brief and debrief.)*

8. To hold bi-monthly administrative staff meetings to ensure district-wide communication. *(These bi-monthly meetings are held the day after each School Committee meeting.)*

(To be continued next week...)

Council Meeting To Be Held Wed., Sept., 20th

Because of the State Primary Elections scheduled for Tuesday, Sept. 19th, the Agawam Town Council Regular Meeting for next week will be held Wednesday, September 20th at the Agawam Middle

School.

State law prohibits municipal meetings from being held the evening before an election.

The meeting will begin at 7:30 p.m.

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Families

Local Family Travels Back To The Middle East

The Mouneimneh family recently traveled back to its roots to the Middle Eastern country of Lebanon.

Gus, Kathy, and their children - Zac, Leila, and Adam - along with Kathy's father, vacationed in the country of Gus's birth and Kathy's ancestors.

Their days overseas included time with family, days on the Mediterranean beaches, and tours of some of the sights for which Lebanon is well-known. This is the account of their trip.

Finally landing at the airport in Beirut was the strangest feeling for us. Our first thoughts were, "We're actually here." We were thrilled that we made a safe landing; we're not big fans of flying, and the thought of flying to a Middle Eastern country can be a little unsettling.

But we didn't know what unsettling was until we ventured out onto the streets of Beirut in a car!

Our first thought was, "Oh no!" We flew across the ocean and across Europe and landed safely, and now we're going to die in a car crash! The driving in this fair city defies all laws of gravity, all laws of physics, and all laws. There are none - rules of the road, that is. Well, actually there are three rules: honk your horn, have good breaks, and have a lot of bravado.

Eventually, we did make it to Gus's sister's house where we were greeted joyfully by family and friends, many of whom Gus hadn't seen in 20 years. The difficult part for the rest of us was not being able to say any more than "hello" to these people since we didn't speak the language.

When Gus's dad came and saw Zac, Leila, and Adam for the first time in 11 years, it brought tears to his eyes. He hadn't seen his grandchildren in 11 years, and here they were all grown up!

The remainder of our first day there was spent visiting and reminiscing.

We had a late dinner of Lebanese hamburgers and french fries, along with a table spread with tomatoes, Lebanese cucumbers, jalapenos, yogurt, olives, and a Lebanese salad (fatoush) - all staples of Lebanese meals.

The food was delicious, and following the presentation and consumption of dessert, which was a mountain of fruit, we left to watch the sunset on the Mediterranean Sea.

We stood by "Pigeon Rock," which is an arched rock that rises out of the sea a few hundred feet away from the shore, and gazed at the sun and the sky and all the beautiful colors triggered by this everyday event.

Our journey took us to places all over the country. We traveled southwest to the mountain village from where my ancestors hail. We ate dinner at a restaurant built on the edge of a mountain overlooking a lake.

We traveled north and visited underground caves with stalactites and stalagmites that formed the most incredible shapes that also seemed to defy gravity.

We went northeast up into the mountains through the town where the world-renowned poet Kahlil Gibran was born to see what is remaining of the well-known ancient cedar trees. We journeyed along narrow, winding mountainous roads (WITHOUT GUARDRAILS!) to the other side of the mountain to the city of Baalbek to see ancient Roman ruins.

We traveled across the Bekaa Valley and saw the most fertile land in all the Middle East. And we traveled through the south and spent leisure time on the warm Mediterranean beaches.

In our travels, one thing became very evident - the Lebanese people are a resilient people. With all the war and destruction that has invaded this country, the people are not discouraged.

For every building that has been destroyed, two or



MEMBERS OF THE MOUNEIMNEH FAMILY of Feeding Hills returned to their family roots in Lebanon this past summer and are pictured at Baalbek. From left - Phil Ghareeb (grandfather), Adam, Kathy, Gus, Zac, and Leila Mouneimneh. **IN RIGHT PHOTO:** The family is seen at the Cedars in Lebanon.



three have gone up in its place. A road gets destroyed, but immediately is rebuilt. A power plant is blown up, leaving the country in darkness, but soon the country is lit up again.

The people continue their lives with reminders of war all around them. No one has to travel far to see buildings riddled with bullet holes. Throughout the country, soldiers are stationed to preserve security.

Produce markets and stands are prominent throughout the country with their abundant and wide variety of fruits and vegetables.

The sites in the city are like the sights in any other major city in the world - there are hotels and restaurants and nightclubs, and even McDonald's can be found with its golden arches rising high!

For Gus this was a trip home - back to the days of his childhood. While walking through the neighborhood where he grew up, an overwhelming feeling of nostalgia swept over him.

He went to see the house where he grew up, only

SEE LOCAL FAMILY - Page 9

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LOCAL FAMILY - from Page 8

to find that it was no longer there - another casualty of the war. He did see old neighbors and old friends, though, and together they remembered the days of his youth when they used to play in the streets and sleep on the roof of the house because inside was too hot and crowded.

It was amazing to see how the places where there were once patches of green are now all occupied by concrete and stone buildings. (There are no buildings made of wood, first of all, because there isn't enough wood good enough for building in the country, and secondly, because the country is so mountainous and rocky, it is easier to mine the rock and to create building materials.)

Everytime a street vendor walked by, Gus would remember how, as a child, he would rush over to buy a pretzel or some other specialty that was on the cart. And then there was the realization that this was a life in the past, never forgotten, but totally different from the life in the present.

Seeing how people live in a different country is always an enlightening experience as well as an educational one.

For us, it was fascinating to see the land of our ancestors. We have always felt connected to our Lebanese heritage, and we are ever so grateful to have had the opportunity to see the land and meet the people from which that heritage stems. But this trip also gave us a greater appreciation for what we have in this country as Americans. It gave us a different perspective on the meaning of freedom and security.

The Lebanese people are incredible, though. Everywhere throughout the country, people are smiling and happy; there's music and dancing and always plenty of food. They are a hard-working, diligent group of people who have more than paid their dues for what they have today.

And in this ancient land on the eastern shores of the Mediterranean Sea, there is something for all of us to learn.

Hiersche Family Announces Birth Of Son, Noah

On August 27th at 8:22 p.m., Noah Daniel Hiersche was born to Megan (Bitgood) Hiersche & Joseph Hiersche of Chicopee.

Noah weighed six pounds, 13 ounces, and measured 20 inches long. Noah has an older sister, Amber Dae, eight, and an older brother, Joseph Bryan, 2-1/2.

Correna & Guy Hutchens of Indian Orchard, and Brian & Marsha Bitgood of Longmeadow are the proud grandparents.

Alfred & Mary Hiersche of Ludlow, and Rena & Harold Pleau of Indian Orchard, as well as Madeline & John Bitgood of Agawam, are the proud great-grandparents.



KAYLA MARIE LAURIE

O'Connor Family Announces Birth Of Granddaughter

The O'Connor family wishes to announce the birth of their first granddaughter, Kayla Marie Laurie.

Kayla was born on May 12th to Tina Lee O'Connor and Shawn William Laurie, all of Middlefield, MA.

The grandparents are John & Sue O'Connor of Feeding Hills, and Earl & Marge Laurie of Chester, MA.

Kayla is the O'Connors' seventh grandchild after having six grandsons. She is also the third grandchild born to the Lauries.

Polish American Club Slates Sept. 17th Breakfast

The Polish American Club will be holding a Pancake Breakfast on Sunday, September 17, from 8:00 a.m. to noon. at the Polish American Club on 139 Southwick Street, Feeding Hills.

This event will help benefit the Children's Christmas Party.

The cost of the tickets are \$3.00 for adults and \$1.50 for children under ten years of age.

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ERIC KASEN & KIM SATKOWSKI

Kim Satkowski Engaged To Wed Eric Kasen

Mr. & Mrs. Gerard Satkowski of Feeding Hills announce the engagement of their daughter, Kim, to Eric Kasen, the son of Mr. Burton Kasen and Mrs. Margo Philbrick of Chicago, Illinois.

The bride-to-be is a graduate of Fitchburg State College and received her master's degree in counseling from Trinity College in Washington, D.C. She is currently employed with the Parkview Montessori School in Chicago.

The future groom is a graduate of the University of Illinois and received his MBA from Loyola University of Chicago. He is the vice-president of sales with Corporate Healthcare Financing of Chicago.

A June wedding is planned.

Happy 40th, Cindy!



Gotcha!!

Love, Your Younger Friend!

Tina Lee O'Connor To Wed Shawn W. Laurie

John & Sue O'Connor of Feeding Hills are very pleased to announce the engagement and upcoming marriage of their daughter, Tina Lee of Middlefield, MA, and formerly of Feeding Hills, to Shawn W. Laurie, also of Middlefield and formerly of Chester, MA. He is the son of Earl & Marge Laurie of Chester, MA.

Tina is a 1988 graduate of Agawam High School. Also, she is certified in floral design and horticulture

from the Lower Pioneer Valley Educational Collaborative. She is currently a "stay-at-home" mom with the couple's 3-1/2 month-old daughter.

Shawn is a 1986 graduate of Smith Vocational High School in Northampton. He has also served in the United States Air Force. Shawn is currently employed as a supervisor/technician.

A wedding date is set for March 31, 2001.

If you visit the Advertiser News' new office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance. Thank you...

The Commonwealth of Massachusetts *William Francis Galvin, Secretary of the Commonwealth* WARRANT FOR STATE PRIMARY

HAMPDEN SS.

To either of the Constables of the Town of Agawam

GREETING:

In the name of the Commonwealth, you are hereby required to notify and warn the inhabitants of said town who are qualified to vote in Primaries to vote at:

- Precinct 1 - Robinson School, 65 Begley Street
- Precinct 2 - Clifford M. Granger, South Westfield Street
- Precinct 3 - Agawam High School, 760 Cooper Street
- Precinct 4 - Agawam Middle School, 68 Main Street
- Precinct 5 - Benjamin J. Phelps School, School Street
- Precinct 6 - James Clark School, 65 Oxford Street
- Precinct 7 - Agawam Junior High School, Springfield Street

on **TUESDAY, THE NINETEENTH DAY OF SEPTEMBER, 2000**, from 7:00 a.m. to 8:00 p.m. for the following purpose:

To cast their votes in the State Primary for the candidates of political parties for the following offices:

SENATOR IN CONGRESS.....	FOR THIS COMMONWEALTH
REPRESENTATIVE IN CONGRESS.....	DISTRICT
COUNCILLOR.....	DISTRICT
SENATOR IN GENERAL COURT.....	DISTRICT
REPRESENTATIVE IN GENERAL COURT.....	DISTRICT
CLERK OF COURTS.....	COUNTY
REGISTER OF DEEDS.....	DISTRICT

Hereof fail not and make return of this warrant with your doings thereon at the time and place of said voting.

Given under our hands this 11th day of September, 2000

Richard M. Theroux,
Town Clerk

Ag. COA Seeking Nominations For 2000 Gallano Award

The Andrew Gallano Award Committee is again seeking nominations for its annual award, which is given for meritorious and distinguished service to elders and is presented by the Agawam Council on Aging each year at the ACOA/Friends Annual Dinner in October.

The criteria for selection of the recipient will include, but not be limited to, the following:

- * Active involvement on committees or in activities which are related to the issues/needs of the elderly citizens of Agawam.

- * Advocates for the needs of the elderly citizens of Agawam.

- * Supports issues related to the elderly citizens of Agawam.

- * Demonstrates the above in a consistent manner over time.

To nominate an individual for this prestigious award, fill out a sheet of paper with the following information:

The nominee's name, address, and the date on which you are submitting this information. In addition, please explain why this person should receive the Andrew Gallano Award for his/her work or service to the elders of Agawam.

Then, at the bottom of the sheet, please put your name and phone number (this information, however, is not necessary, and if given, will be kept confidential).

When completed, send this sheet of paper to: The Andrew Gallano Award Committee, c/o The Council on Aging, 68 Meadowbrook Manor, Agawam, MA 01001-3128.

Please be sure to send this nomination to the above address no later than September 19th.

Forms can also be acquired from Joan Linnehan at the Agawam Senior Center.

The committee wishes to thank you for your time and effort; it is greatly appreciated.

Ag. Jr. Women's Club Announces First Meeting

The Agawam Junior Women's Club will hold its first meeting of their new year on Tuesday, September 19th, at the Captain Leonard House at 7:30 p.m.

The Club's activities enrich the quality of life in our community through a variety of educational, social, and cultural projects and programs.

Come to have fun, meet new friends, and get involved.

For more information, call Theresa Conklin at 786-6515. The Club meets the third Tuesday of every month at the Leonard House.

The Agawam Junior Women's Club is a member of the General Federation of Women's Clubs, Junior Membership.

Crafters Wanted For Lioness Club's Holiday Craft Fair

The Agawam Lioness Club is seeking crafters for its upcoming Holiday Craft Fair.

The fair will be held on Saturday, November 4th, from 9:00 a.m. to 3:00 p.m. at the St. Thomas School in West Springfield.

Interested crafters are asked to please call 789-0015.

For all the hometown news, you turn our pages each and every week ... AAN!!!

At Springfield Turnverein...

Ladies Glee Club & Men's Singing Group To Start New Season

The Springfield Turnverein Ladies' Glee Club and the Men's Singing Group will start their new season in September.

Last season was quite successful, with the groups winning first prizes in the New England Annual Sangerfest in June.

The rehearsals will resume in September on Wednesday evenings. Anyone interested in singing with this group is invited to join.

The music is both in German and in English. Knowledge of the German language is not a prerequisite.

The women meet at 7:30 on Wednesday evenings at the Turnverein on 176 Garden Street in Feeding Hills. The men join them at 8:00 p.m. for the mixed chorus. Then the men sing alone from 8:30 to 9:00 p.m.

Newcomers are welcome. Call 786-0924 for further information.

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10 Lbs. Or More	\$1.99 Lb.
T-Bone Steak	\$3.99 Lb.
Porterhouse Steak	\$3.99 Lb.
Fresh Ground Chuck 5 Lbs. Or More	\$1.69 Lb.
10 Lbs. Or More	\$1.39 Lb.
Grade "A" Chicken Legs Whole	.69 Lb.
Thighs	.79 Lb.
Drumsticks	.89 Lb.
Center Cut Pork Chops Or Roast	\$1.99 Lb.
Country Style Pork Ribs	\$1.69 Lb.
Loin End Roast	\$1.69 Lb.
Boneless Roast (Cut From Loin Or Rib End)	\$1.99 Lb.
Fresh Ground Pork	\$1.69 Lb.

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Jacobo Provolone Cheese	\$2.69 Lb.
Atlanta Imported Ham	\$2.99 Lb.

Russer Low-Salt Ham	\$3.49 Lb.
Carando Mortadella	\$2.89 Lb.
Hormel DiLusso Genoa Salami	\$4.49 Lb.
Mother Goose Liverwurst	\$2.89 Lb.
Thumann's Gourmet Turkey Breast	\$5.99 Lb.

PRODUCE

Bananas	.39 Lb.
Red & Green Seedless Grapes	\$1.39 Lb.
California Eating Oranges (Jumbo Size)	.39 Each
Hot House Tomatoes	\$1.39 Lb.
Mini Carrots (1-Lb. Pkg.)	.99
Fresh Broccoli	.99 Bunch

DAIRY

Hood 1% Low Fat Milk	\$2.19 Gal.
Grade "A" Sweet Life Jumbo Eggs	.99 Doz.
Sweet Life Butter (1 Lb.)	2 For \$3.00

SEAFOOD

Scrod Fillet	\$4.99 Lb.
Frozen Lobster Meat (11.3-Oz. Can)	\$12.99
Frozen Salad Style Crab Meat (11.3-Oz. Can)	\$4.99

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Your Neighbors



If "Jewel of the Nile" Seemed Complicated, This One's Better

by Kathy Shepard
Feature Editor

Upon visiting the Oktoberfest in August at the Springfield Turnverein in Feeding Hills, we noted this handsome BMW motorcycle. Its rider looked strangely familiar and turned out to be Terry Letellier, father of Town Councilor Gina-Marie Letellier.

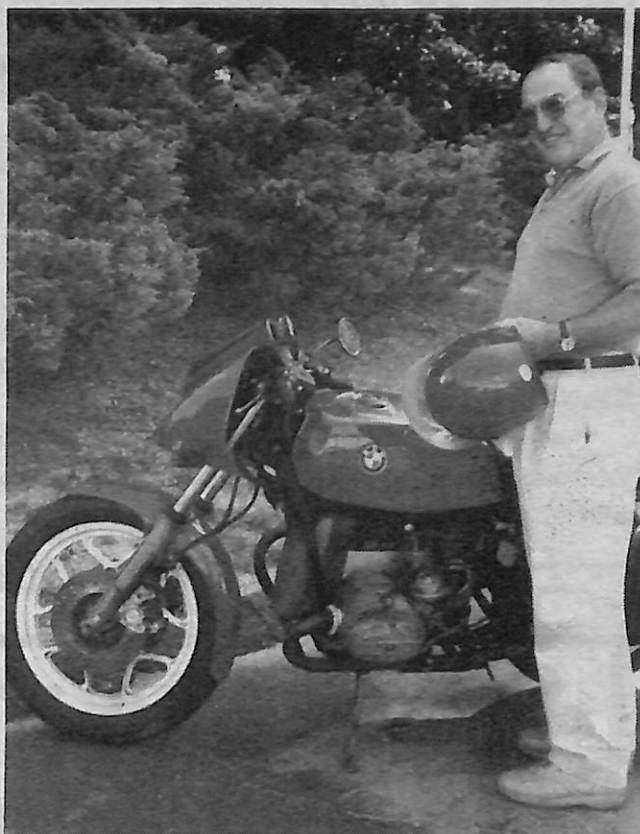
Terry was also Gina-Marie's campaign manager when she ran for the Council last November. The Letelliers' other daughter, Christina-Marie, works at T.J. Maxx in Milford, MA.

There is an interesting explanation for the bike's familiar look: this very motorcycle was used in the Mike Douglas/Kathleen Turner film, "The Jewel of the Nile." Although Letellier has owned the bike for 18 years, he loves to tell people about its rather unusual history.

Letellier retired from the Agawam Police Department after 35 years (the last few of them as a detective), saw the BMW in Cannes, France, when he and wife, Maryanne, vacationed there during the filming of "Jewel." Maryanne told us, "We stayed at the Beach Regency and were checking in just before the movie crew was leaving."

According to Terry Letellier, about one year later, an ad appeared in the paper for a motorcycle. The owner claimed it was the bike which had appeared in "The Jewel of the Nile" and he was forced to sell it because his mother-in-law-to-be would not attend their wedding unless he found the bike a new home.

Letellier bought the BMW and visited the fellow some 12 weeks later, only to find two new BMW's at their home. The former owner of the "Nile" BMW had one bike for himself and one for his wife. It turned out that the gentleman is a representative for BMW and owned 11 more bikes back in Canada.



RETIRED AGAWAM POLICE OFFICER Terry Letellier with his prized BMW motorcycle that was used in the 1980's action movie, "Jewel of the Nile." Advertiser News photo by Kathy Shepard.

After their honeymoon, they returned to Agawam, each with their own bike. Letellier was able to learn, using good detective tactics, that the BMW he now owns is in fact the one used in "The Jewel of the Nile."

He was also able to learn that the mother of the new bride would be welcome to visit the couple anytime she wished, but the bikes were there to stay. Maybe she'll even decide that she wants her own bike someday. If so, her son-in-law will be the right person to ask!

Agawam Women's Club Slates First Mtg. For Sept. 25th

The first meeting of the Agawam Women's Club will be held on Monday, September 25th, at the Captain Leonard House at 6:30 p.m.

Members are reminded to bring a Parcel Post gift for the auction and their favorite dish to share at the Pot Luck supper.

Members should also bring items for the Kitchen, Bathroom, and Gourmet baskets to be awarded at our Fall Fashion Showcase to be held at Chez Josef on October 29th.

New members and guests are welcome at all of our meetings.

Agawam Republican Town Comm. Slates Breakfast Meeting

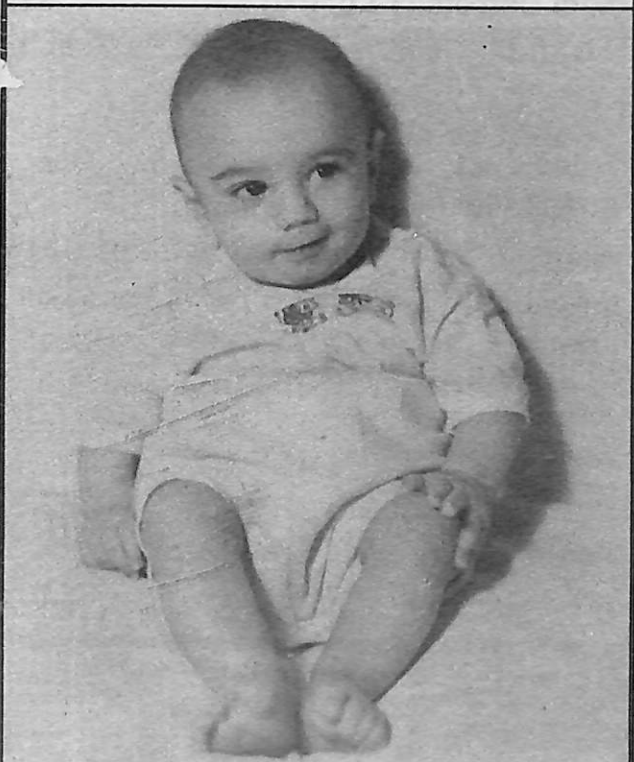
The Agawam Republican Town Committee will hold a breakfast meeting on Saturday, September 16th, at 8:30 a.m. at the Oak Ridge Country Club in Feeding Hills.

The agenda will include the regular monthly business meeting and a guest speaker, Bill Johnston, who will give an update on the campaign to elect Marshall Moriarty to Governor's Council.

Scott Hibbard, committee chairman, invites anyone interested in becoming an active member of the Republican Town Committee to attend this meeting.

- ADVERTISER NEWS -

Still Smiling At 50!

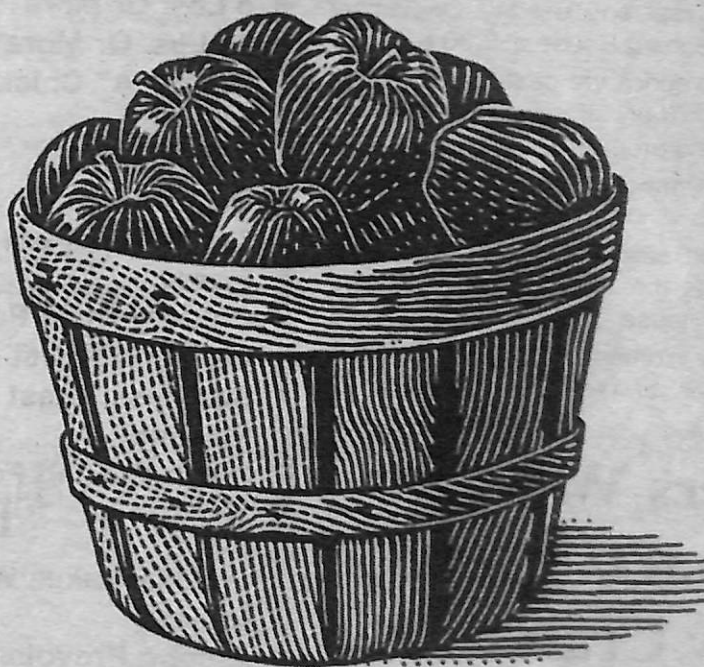


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Lisa, Michele

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Tanning Beds

Question: Is it true that tanning beds are just as dangerous as the outside sun?

Answer: Yes, it certainly is! If you spend 30 minutes in a tanning bed, you will be exposed to just as much ultraviolet light as a full day in the sun.

Teenagers are a high risk group due to poor sun-protection habits. A study showed that while in tanning beds they wore less clothing, thus exposing 10 times more skin. The research also showed that they wore little or no sunscreen, which contributed to an increase in melanoma.

It is very important to protect the skin from artificial ultraviolet (UV) light with a broad spectrum sunscreen. This holds true for anyone who frequents tanning beds. Skin cancer knows no age. When applying sunscreen, remember that more is better. Apply at least 15 minutes before exposure and don't forget any spots.

With the summer coming to an end, it will be tempting to keep that beautiful tan you worked so hard for from fading. This may be a time to consider bronzers or artificial tanning creams instead of heading to the tanning booths.

A bronzer is a great way to warm up your complexion. There are two formulas, powder and cream. The **powder** is the quickest and easiest to use. It can be in loose or pressed form and can be applied with you blush brush. Apply a small amount to your brush and tap off any excess. Brush across the cheeks, forehead, nose, and chin, blending with soft strokes. Use a clean cotton pad to correct any over-bronzed areas.

The **cream** and stick bronzers are ideal for blending a fading tan and give a great sheen to the skin. These come in a variety of shades, but I suggest staying away from anything too orange.

You should first clean and moisturize the skin and let dry thoroughly. Start by applying a small amount to

your fingertips and rub your fingers together. Dab and blend quickly over your face and set with a light dusting of loose powder. These are great to use as a blusher or to blend on shoulders and collarbone for a classic look. Just remember one important rule - bronzers are used for adding color, not recoloring altogether. If you are too pale, you may want to pass on this product.

The second option would be tanning creams or foams. You cannot go wrong with the self-tanners on the market today. The new tinted formulas allow you to see where you have applied the product so that you can fix any mistakes right away.

Next week, I will explain the proper techniques for applying sunless products so that you can get the full benefit from the process.

Thought for a smile... a family of ducks crossing a country road. And remember... **beauty is our business!**

Ag. Senior Ctr. To Host Monthly Dances

The monthly Friday dances at the Agawam Senior Center are from 7:00 p.m. - 10:00 p.m.

The cost for the dance is \$6.00, which includes a live band, punch, dessert, and coffee.

The live bands performing and the dates of the monthly Friday dances are as follows:

Friday, Sept. 8th - The Joe Campisi Band; Friday, Oct. 13th - The Bereska Band; Friday, Nov. 10th (at Agawam Baptist Church) - The Memories Big Band; and Friday, Dec. 8th - The Richie Mitnick Band.

Note: The dances are the second Friday of every month!

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BOB AKUMIANAKIS AND HIS SISTER from Greece, Chrissy Akumianakis-Soumpasakis, a dentist vacationing here, weed the garden on the left side of Columbus Street in Agawam, an area they have maintained all summer. **IN RIGHT PHOTO:** Raymond Cremonti and Bob Akumianakis are seen working in the garden.



Residents Turn Dumping Ground Into Beautiful Flower Garden

A large area of our town that had become an illegal dumping ground for many years, has become a beautiful flower garden thanks to the efforts of two neighbors: Bob Akumianakis and his wife, Gail, and Mrs. Olida Cremonti and her son, Raymond. The area is town-owned land on the left side of Columbus Street.

The two families cleared the area of litter, old tires, and bulk items, and planted beautiful, colorful flowers. They have continued to clean and maintain this flower garden all summer.

"I was pleasantly surprised to visit this area and find it so beautiful and well-kept. It has all been done by these individuals. They have used their own money and time to buy, plant, and keep up the maintenance on this part of our town. They deserve our appreciation and our thanks," said City Councilor George

Bitzas, a member of the Beautification Committee.

"When you drive by, you will not see old tires and other bulk items on the side of the street and the hillside below. These neighbors have not only cleared and planted flowers, they also continue to watch for illegal dumping in this area. They have made the area so clean and attractive that no one is tempted to dump their trash there anymore," remarked Bitzas, adding, "I know many people take pride in their neighborhood and their streets, but these two families have gone over and above their responsibilities. We are very thankful for their interest and hard work, and very proud of what they have accomplished."

Bob's sister, Chrissy Akumianakis-Soumpasakis (vacationing here from Greece), also gave them a helping hand with the garden this summer.

Jr. Women Plan Fashion Show For March

The Agawam Junior Women's Club is planning a "Step Into Style" Fashion Show to be held on March 4, 2001 at Chez Josef in Agawam.

All proceeds from this event will benefit the AJWC's **Annual Scholarship Fund** for qualifying high school graduates.

In previous years, the AJWC has presented \$500 scholarships to many area students and are working to increase the number of recipients in 2001.

Call Mary O'Connell at 733-7300 or Terri Luvera at

789-1581 with any questions regarding this fundraiser.

The Agawam Junior Women's Club is a member of the General Federation of Women's Clubs of Massachusetts.



Agawam Senior Games Athletes Will Hold Tag Sale

The Agawam Senior Games Athletes will hold a tag sale at the Agawam Senior Center on September 16th from 9 a.m. to 2 p.m.

With the many items up for sale, we suggest that you come early for the best choices.

If you are looking for a particular "find," contact any ASGA member, and they will be glad to help you locate the items that you like to collect.

We have lots of fun at these tag sales, and we love to see all of our friends come to visit, browse, and enjoy a coffee and donut.

We hope to see you on September 16th!

Agawam Senior Games Athletes Will Hold Breakfast

"The Agawam Senior Games Athletes" will hold their Annual French Toast Breakfast on Sunday, October 15th at the Agawam Senior Center.

There will be continuous servings from 8:00 a.m. to noontime.

The menu will consist of French toast, sausage, orange juice, and coffee, tea, or milk. We will have egg substitute for those who can't have eggs.

"ASGA" will be assisted by the Agawam Lions Club, who will do the cooking.

This event promises to be a very enjoyable morning with family and friends.

We hope to see many of our friends and civic leaders come out for this event.

The tickets will be \$3.00 for adults, and \$1.50 for children under 10. Tickets may be purchased from any member of "ASGA," or at the Senior Center.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you.

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"Friends" To Sponsor Trip To Atlantic City This October

Join the "Friends" of the Agawam Senior Center to the Tropicana Casino Resort in Atlantic City on Wednesday and Thursday, October 25th and 26th.

With an 8:00 a.m. departure, we are bound for the excitement of Atlantic City (with comfort and meal stops en route).

We will enjoy one night at the Tropicana Hotel, where you will receive a tower room and have plenty of time to gamble in the house/hotel's casino and also see a show.

Your package will include: round-trip motorcoach transportation, one night's accommodation at the Tropicana, a prime rib dinner, \$10 in coins, \$3 food credit, cocktails, show, and all taxes and tips (including driver's gratuities). The cost is only \$115 per person (double). We will depart at 8:00 a.m. from the Agawam Senior Center, and will return at approximately 9:30 p.m. on October 26th. This trip is open to the public.

Contact Nellie Mathias at 786-9093 for reservations, or contact the Agawam Senior Center at 68 Meadowbrook Manor, Agawam. A \$25 deposit will hold your reservation.

Agawam Senior Center's Weekly Lunch Menu

Monday, September 18th: Chicken cutlet "supreme," potato rounds, carrot coins, rye bread, peaches.

Tuesday, September 19th: Swedish meatballs on egg noodles, spinach, whole wheat bread, peaches.

Wednesday, September 20th: Roast turkey, stuffing with gravy, mixed veggies, cranberry sauce, whole wheat rolls, brownies.

Thursday, September 21st: Sweet & sour ribs, fluffy white rice, mixed veggies, pineapple.

Friday, September 22nd: Stuffed tomatoes w/tuna salad on lettuce, potato salad, breadsticks, tapioca pudding.

(Menu subject to change without notice.)

Italian Women's Club To Meet Sept. 18th

The September 18th meeting of the Springfield's Italian Women's Club will be held at Miss Clancy's in Springfield.

Membership is open to all women of Italian Heritage (either born Italian or married to an Italian).

Dinner will begin promptly at 6:30 p.m.

For more information about this meeting, please call (413)-567-8313 or (413)-567-8309.

Shooting Star Dancers Ham It Up



DANCERS FROM SHOOTING STAR DANCE CENTER on Springfield Street, Agawam, were recently in performance. IN TOP PHOTO: Playing "Secret Agent Man" were (back row, from left) - Sarah Cote, Ashley Fink, and Kaitlyn O'Connell. Front row - Laura Cote, Jessica Kodess, Kelsey Reed, and Lauren MaToney. (Missing: Tiffany Moran). IN PHOTO BELOW: Performing "Everybody" were (back row) - Beth Hayden and Katarina Porth. Middle row - Makila Messier and Jennifer Lough. Front row - Julie Ayn Montalvo. (Missing: David Glista).



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State Primary, Tues., Sept. 19th...

Kasparian Meets Legislators At State House

Candidate for State Senate, Abe Kasparian, Jr. submitted to Peter Montalto of the State Elections Office of Boston, 578 certified signatures from register voters in Agawam, West Springfield, parts of Chicopee, and Springfield, which make up the Hampden District recently.

Kasparian, a former Hampden County Commissioner, met State Legislators at the State House during his recent trip to Boston.



If you visit the AAN's new office at 23 Southwick St., Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance. Thank you...

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick St., Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.

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Church News

St. John's Parish Picnic Draws Big Crowd



HAPPY ABOUT THE TURNOUT at the Annual St. John's Parish Picnic were (from left) Father Howard McCormick (pastor), Mariann Green (event chairwoman), Joe Audette (co-chairman), and Pauline Paquette (raffle). **IN RIGHT PHOTO:** St. John's Church organist Wayne Ball gives Jane Schmidt a hug at the annual parish picnic. Jane helped out with the raffle. Advertiser News photos by Kathy Shepard.



KEEPING TRACK OF THE TICKETS at the St. John's Parish Picnic were (from left) Peg Altobelli, Meghan Reynold, and Gloria Heywood. **IN RIGHT PHOTO:** Lauren Granger (left) was about to get her face painted by Jaclyn O'Neill at the St. John's Parish Picnic. Advertiser News photos by Kathy Shepard.



SOMETHING FISHY AROUND HERE at the St. John's Parish Picnic for Kristan and Karyn Heaton. Advertiser News photo by Kathy Shepard.

"Church News" is just one more reason why you turn our pages each and every week ... ADVERTISER NEWS!!!

The Right Kind Of Faith

What kind of faith do you need to be forgiven of your sins and to obtain peace with God? The right kind of faith focuses on Jesus Christ. Here's what to do:

1. Admit your sinfulness and tell the Lord you want to turn from it. Jesus said, "Unless you repent you will all likewise perish" (Luke 13:3).
2. Believe that "Christ died for our sins according to the Scriptures, and that He was buried, and that He rose again the third day" (1 Corinthians 15:3-4).
3. Trust in Jesus as your personal Savior and Lord. Romans 10:9 says, "If you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved."

The time to trust in Christ, to make Him the object of your faith, is now. You can do it today by praying something like this:

Dear God, I know that I am a sinner and that in my own strength I cannot do anything to please You or to earn eternal life. I believe that You love me and that You sent Your Son to die on the cross to pay the penalty for my sin. I now put my faith in You and trust completely in Jesus Christ to rescue me. I desire to turn away from my sin and to let You take control of my life. Amen.

If you prayed that prayer in all sincerity, you can say, "Now I have the right kind of faith!"

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Our Daily
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Adapted from the booklet *Do I Have The Right Kind Of Faith?*
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Reflections...

submitted by
Rev. Peter Monahan
 Pastor of the New Life
 Christian Church,
 Suffield, CT
 (413) 789-1377 or
 toll free (877) 643-9801

Don't Miss The Big Picture...

Sherlock Holmes and Dr. Watson went on a camping trip. After a good meal and a bottle of wine, they lay down for the night and went to sleep. Some hours later, Holmes awoke and nudged his faithful friend awake. "Watson, look up at the sky and tell me what you see." Watson replied, "I see millions and millions of stars." "What does that tell you?" Holmes questioned. Watson pondered for a minute. "Astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Theologically, I can see that God is all powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow. What does it tell you?" Holmes was silent for moment, then spoke. "Watson, you idiot. Someone has stolen our tent!"

Sometimes we get so involved in the details that we miss the big picture. It's known as not seeing the forest for the trees. It's something we're all prone to do. We're not alone. People have been doing the same thing for generations, even in Jesus' day.

Jesus and His disciples went on to the villages around Casarea Philippi. On the way He asked them, "Who do people say that I am?" They

replied, "Some say John the Baptist, others say Elijah; and still others, one of the prophets." "But what about you?" He asked. "Who do you say that I am?" Peter answered, "You are the Christ." Jesus warned them not to tell anyone about Him.

He then began to teach them that the Son of Man must suffer many things and be rejected by the elders, chief priests and teachers of the law, and that He must be killed and after three days rise again. He spoke plainly about this and Peter took Him aside and began to rebuke Him.

But when Jesus turned and looked at His disciples, He rebuked Peter. "Get behind Me, Satan!" He said. "You do not have in mind the things of God, but the things of men."

As in the first story above, a seemingly simple question is posed to apparently well-informed people. Jesus asked the disciples about the stories going around about Him. They were able to report accurately to Jesus what some people were thinking about Him. Obviously, there was some confusion in the general population about who or what Jesus was. Some people were speculating that Jesus was somehow a reincarnation of an earlier prophet, perhaps Elijah. There was even some speculation that the recently murdered John the Baptist was alive again. About the only common thread in the reflections about who or what Jesus was was that He was not an average, ordinary human being. The general consensus was that Jesus was an extraordinary man.

Then Jesus asked the question His disciples might have anticipated, but most likely wished would not be asked. **"But what about you? Who do you say that I am?"** It is one thing to speak about what others are saying or thinking; one can hardly be criticized for that. **"But what about you?"** Now, the disciples were

on the spot, and probably bumped out of their comfort zone. They had to declare themselves. Characteristically, the Apostle Peter spoke up. **"You are the Christ."**

Without a doubt, Jesus Christ is by far the most controversial human being to have ever walked the earth. There are a wide variety of opinions out there about Him. Virtually none of them are new or original, by now. Among the positive opinions about Jesus, there are the typical suspects: He was a good teacher; He was a moral leader; He was a great philosopher; He was a great religious leader; He was a miracle worker; He was a healer; He was a prophet. Each of these descriptions of Jesus are what some of the people of Jesus' era were saying about Him. They used different words, but they were saying the same thing. As well, what they said was accurate, but only partially true. He was everything they said, but He was more, so much more.

"You are the Christ." People who focus, or limit, their attention to only one or two of Jesus' attributes are like those who miss seeing the forest for the trees, or fail to realize that their tent has been stolen. The big picture about Jesus is that He is the long promised, the long awaited Messiah of God, the Christ, and the safest bet any of us can make is to align ourselves with Him.

Then Jesus said, "If anyone would come after Me, he must deny Himself and take up his cross and follow Me. For whoever wants to save his life will lose it, but whoever loses his life for Me and for the gospel will save it. What good is it for a man to gain the whole world, yet forfeit his soul?" A man who is merely a good teacher, moral leader, great philosopher, even a miracle worker or healer, has no business making that kind of claim upon our lives. But Jesus, **the Christ**, does.

Church Pastor To Leave To Do Missionary Work In Mexico

Rev. Richard Barnes, who has been pastor at the Agawam Baptist Church for the past six years, will be leaving Agawam.

His final service at the local church will be on Sunday, October 1st, at 9:30 a.m.

Both he and his wife, Mercy, are ministers and they

have had a great interest in the Missionary Movement. Although they will miss Agawam and the local parishioners, they are looking forward to continue to do God's work in Mexico after completing some time in the Missionary Training Program.

A Dinner Reception in their honor will be held at the Church on Sunday, October 1st, at 5:00 p.m. in

Bodurtha Hall.

Because tickets will be limited, we ask that you make your reservations as soon as possible, but no later than September 24th. Tickets may be purchased from Everett Hodge (phone 786-7544). If you desire to pay by check, please make your check payable to him.

If you visit the Advertiser News' new office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance. Thank you...

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News & Notes From Ag. Congregational

This Sunday, September 17th, our service begins at 10:30 a.m. and is **Youth Dedication Sunday**. The service theme is youth. Young people participate in the service, and the confirmed, their teachers, sponsors, and parents will be commissioned.

Rev. Eisenbach's sermon will be a challenge to young people, their families, and all who attend - "Write Your Own Script."

Childcare is available for infants and toddlers. The Senior Choir, under the leadership of Ellen Cogen, will be singing.

Pastor Earl and his wife, Barbara, are members of the Order of St. Luke (an ecumenical world-wide healing organization) and are available for prayer after the service. Also, following the service there is a fellowship hour in Bryan Hall.

A new photo directory is being compiled. Sign-ups for appointments with the photographer will be taken each Sunday at Coffee Hour.

Men are invited to join the Men's Prayer Time, which meets at 7:45 a.m. each Wednesday morning.

We read from the devotional guide "Upper Room" for meditation and discussion, with time for coffee and fellowship.

The Midweek Prayer, Healing, and Communion Service resumes on Wednesday at 7:00 p.m. in the Sanctuary.

Crossroad Christian Fellowship To Hold "Weigh Down Workshop"

Do you feel like you are constantly fighting a battle with food, trying diet after diet, with only temporary results? Are you tired of tasteless fat-free foods, diet exchange lists, and have-to exercise programs?

If so, join us for a free orientation session on September 15th at 7:00 p.m. at Crossroad Christian

This is an informal service of prayer, communion, and meditation on the healing ministry of Jesus.

This Sunday, September 17th, Marks The Beginning Of Two Adult Series:

On Sunday morning at 9:00 a.m., "Wrestling with Angels," a six-week discussion series, will tackle life issues head-on. The topic will be "How do I know what to do?" The co-leaders are Barbara Eisenbach and Gerry Desroches.

On Sunday afternoon at 4:00 p.m., "Grief Share - Your Journey From Mourning to Joy" begins in the Friendship Room. The 13-week grief support group is being led by Pastor Earl and his wife. There is a video presentation on such topics as "When Your Dreams Fall Apart," "The Session of Grief," and "Growing through Grief." The series is Christ-centered and Biblically-based, which includes sharing and healing prayers. This is open to all who are struggling with the loss of loved ones.

The Scout Dinner originally scheduled for September 16th has been postponed to a later date.

Potluck Dinner And Dance:

This is scheduled for September 23rd from 5:00 to 8:00 p.m. Sponsored by the Christian Education and Youth Committees, this is a church-wide family event.

Members of the community are invited to participate in all the church events. For further information, the church office is open from 8:30 a.m. to 12:30 p.m. every weekday at 786-7111.

Fellowship, 522 Springfield St., Agawam. Come learn more about the Weigh Down Workshop's EXODUS *Out of Egypt* seminar, the program that is changing people's lives as well as their weight.

For more information, please call Christina Lockwood at 746-0688.

News & Notes From F.H. Congregational

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills. Our Sunday Service of Worship begins at 10:00 a.m.

Rev. Donaldson's sermon is entitled "True Wisdom." The Scripture reading is James 3:1-10, 13-18. Ushers will be Rose & Perry McCobb.

Children, who are invited to attend worship with adults, may leave at the designated time for Sunday School. Nursery care is provided for the very young.

Help us get Rev. Donaldson out of the country! On September 23rd, there will be a roast beef dinner at this church to benefit Rev. Donaldson's Mission trip to Honduras. Volunteers are needed to work the kitchen, serve, clean up, and take reservations. Don't worry, Ben & Sharon Rozanski have already agreed to be in charge!

See Diane Fiejdasz or Rev. Donaldson if you can help. If you are unable to volunteer, please come enjoy the meal with some of your friends.

The deadline to submit information for the October newsletter is Thursday, September 21st. That old adage "better late than never" does not apply.

Neglect of the spiritual is not an option for a viable church nor for its individual members. We will offer a series of three Friday evening adult retreats to be held once a month during September, October, and November. The first will take place on September 29th from 7:30 until 9:30 p.m.

Each evening will begin with time spent together, continue with time for solitude as we disperse to separate rooms to pursue individual disciplines, and conclude with a brief time for devotions as a group. The goal is not to "fix" everything that is wrong or lacking in our spiritual lives, but to begin what is truly a life-long process of becoming more spiritually centered.

In finding time for the sacred, we begin our own healing. Please speak to Rev. Donaldson if you have any questions about attending this retreat. Reservations are not required.

CROPWALK 2000 will take place on Sunday, October 15th. Save this date. It's not too early to

SEE F.H. CONGREGATIONAL - Page 20

HERE'S HOW YOU CAN BE A NEW SUBSCRIBER: If you wish to be a new subscriber, we have a back-to-school special for you. For \$21, we will mail *The Agawam Advertiser News* to your home each and every Friday from now until June 30, 2001. For an additional \$5, you can send a gift subscription to a friend, neighbor, or family member, and this will also be good until June 30, 2001. Send in your check today to *The AAN*, P.O. Box 263, Feeding Hills, MA 01030, Attn: New Subscriptions. Keep informed about what's going on in your community with your hometown newspaper - *The Agawam Advertiser News!!!*

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Parish News And Notes From St. John's Church

BOY SCOUTS AND CUB SCOUTS: The fall Bottle/Can Drive will be October 7th, with pick-up service available. Call Ed, 789-3587, or Bob, 786-0749.

CONFIRMATION CLASS 2000: The final classes for those who will be Confirmed on October 23rd will be September 17th/24th from 6:30 to 8:00 p.m. Those to be confirmed in the class of 2001 are reminded to schedule their interview with Father Howard before September 27th.

NEXT SUNDAY - CATECHETICAL SUNDAY: We invite all of our religion teachers to come to the 9:30 Mass for a special blessing on the work of the new year. A reception will follow in the Parish Center for teachers, parents, and interested adults.

RELIGIOUS EDUCATION NEWS: Classes for grades 1-3, Saturday, 9:00 to 10:00 a.m.; classes for grades 7-10 began September 11th; and classes for grades 4-6 began September 12th.

AGAWAM CATHOLIC SINGLES CLUB: The group meets on the second Thursday of each month. A trip to Howe Caverns is planned for September 16th for all who might be interested. For more info, call JoAnn, 789-0774, or John, 786-2273.

PLAYGROUP: The Playgroup season will begin on Tuesday, September 19th, from 9:30 to 11:00 a.m. For more info, call Julianne Rossi at 786-3744.

F.H. CONGREGATIONAL - from Page 19

spread the news and start getting sponsors. Official sign-up sheets will be available soon.

On the calendar:

Friday, September 15th: 5:00 p.m., Creative Memories.

Sunday, September 17th: 10:00 a.m., Worship/Sunday School; 12:00 noon, Church of Redemption.

Monday, September 18th: 3:30 p.m., Girl Scouts; 6:30 p.m., Cub Scouts; 7:30 p.m., Worship Committee.

Tuesday, September 19th: 3:00 p.m., Girl Scouts; 7:00 p.m., A.A.; 7:30 p.m., Lay Minister/Membership Development.

Wednesday, September 20th: 3:00 p.m., Girl Scouts; 7:30 p.m., Choir.

Thursday, September 21st: Newsletter deadline; 7:00 p.m., A.A.; 7:00 p.m., Church of Redemption.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you.

Activities At St. Anthony's & St. Theresa's

MASS SCHEDULE

* **Monday-Wednesday:** 9:00 a.m., St. Theresa.

* **Thursday:** 7:00 p.m., St. Theresa.

* **Friday & Saturday:** 9:00 a.m., St. Anthony.

* **Saturday:** 4:30 p.m., St. Theresa.

* **Sunday:** 8:30 a.m., St. Anthony; 11:00 a.m., St. Theresa.

* **Holy Day Vigil:** 6:00 p.m., St. Anthony.

* **Holy Day:** 9:00 a.m./6:00 p.m., St. Theresa.

* **Rosary:** One half-hour before daily Mass.

SEPTEMBER CALENDAR OF EVENTS

* **Monday, September 18th:** 6:00 p.m., Choir Rehearsal for the "8:30 and 11:00 choirs" at St. Anthony Church; 6:00 p.m., Meeting of First Eucharistic students and parents at Parish Hall; 7:00 p.m., Meeting for Confirmation students, parents, and sponsors at Parish Hall.

* **Tuesday, September 19th:** 7:00 p.m., Lector & Eucharistic Ministers Training at the Parish Hall; 7:00 p.m., Women's Club meeting at St. Anthony Church.

* **Wednesday, September 20th:** 7:00 p.m., Cantata Rehearsal at St. Theresa Church.

* **Thursday, September 21st:** 7:30 p.m., "4:30 choir" rehearsal at St. Theresa Church; 7:45 p.m., St. Theresa Finance Council at the Rectory.

* **Sunday, September 24th:** 9:15 a.m., CCD begins for K-8th grade.

* **Monday, September 25th:** 6:00 p.m., Choir Rehearsal for the "8:30 and 11:00" choirs at St. Anthony Church; 7:00 p.m., CCD begins for grades 7, 8, 9, and 10.

* **Tuesday, September 26th:** 6:00 p.m., Adult Bible Study at Parish Hall; 7:00 p.m., Lector & Eucharistic Ministers Training at the Parish Hall; 7:30 p.m., Pre Cana Team meeting at St. Theresa Rectory.

* **Wednesday, September 27th:** 7:00 p.m., Cantata Rehearsal at St. Theresa Church.

* **Thursday, September 28th:** 7:30 p.m., Christmas Party Committee meets at St. Theresa Rectory; 7:30 p.m., "4:30 choir" rehearsal at St. Theresa Church.

Bethany Offers Clothing To The Needy

Bethany Assembly of God, located at Route 57 and Main Street, invites individuals and families who are in need of clothing to visit the church on Tuesdays from 9:00 a.m. to 12:00 noon.

Carole and Ron DeMatteo, who manage the free service of community outreach, said the small but

busy facility also offers other donated items such as bedding, shoes, toys, and games.

The DeMatteos also said clean clothes of all styles and sizes may be brought to the church during regular hours.

For more information, call 789-2930.

Donations Sought For Parish Cupboard

The Parish Cupboard in West Springfield currently needs donations of school supplies, socks, fall and winter clothing (in good condition), and personal care products.

Donations may be dropped off between 8:00 a.m. and 3:00 p.m. any weekday except Wednesday. On Wednesday, the Parish Cupboard is open from 5:00 to 6:00 p.m. Donors are asked to bring food donations during business hours ONLY. Clothing donations can

be left in the bin on the Bridge/Main Street corner of the building anytime.

Monetary donations can be mailed to the Parish Cupboard, 1023 Main Street, West Springfield, MA 01089.

The Parish Cupboard serves anyone in the dining room, and gives emergency food to citizens from Agawam, Feeding Hills, West Spfld, and Southwick.

Chris Bathurst of Clean Water Action Will Talk About LEARNING DISABILITIES AND THE ENVIRONMENT at COUNTRY ESTATES OF AGAWAM 1200 Suffield Street, Agawam, MA on SEPTEMBER 26th, 2000 from 6:00-8:00 p.m.

Certificate of completion for 1.5 contact hours in compliance with the Division of Registration in Nursing
INVITED PARTICIPANTS: Occupational Therapists, Nurses, Counselors, Psychologists, Social Workers, General Public
COST: \$15.00

This event is presented by Immunoasis, Inc., a nonprofit organization whose mission is to increase public awareness of the effects of environmental factors on health.
CALL IMMUNOASIS AT 413-786-8157 FOR MORE INFORMATION.

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Spotlight on Business

For Candlelight Ceremony...

Colonial-Forastiere Pairs Up With Agawam Senior Ctr.

When Peter Forastiere, funeral director and vice-president of the Forastiere Family Funeral Homes, heard that the Agawam Senior Center was planning their annual luncheon to honor their deceased members and contributors, he offered to do a Candlelight Remembrance Ceremony. This was met with instant approval.

On the appointed day, Peter and his son, Mathew, apprentice funeral director, set the remembrance table. Eighteen individuals were to be remembered. Their families were notified and were guests at the luncheon.

The table was set with an embroidered tablecloth and four large vases holding long-stem, deep, red roses with baby's breath. The roses were provided by Joan Linnehan, Activities Director at the Center.

The candles were provided by Colonial-Forastiere Funeral Home, located at 985 Main Street in Agawam.

The red velvet look of the roses contrasted with the tall, white pillar candle in the center and nine votive candles in silver containers placed on each side of the pillar for a total of eighteen candles.

Peter conducted the ceremony by first setting the stage with a detailed explanation of what was to happen. The lights were lowered, and Peter's voice was heard as he read two appropriate poems.

After the readings, each deceased's name was announced, that particular family came forward, lit a taper from the large center candle, and then lit a votive candle in memory of their loved one.

At the end, when all the votives were lit with the room still in darkness save for the lit candles with the roses in the background, it presented a beautiful picture for all present to treasure and to remember.

Not a dry eye was present as this moving moment was observed with a moment of silence.

The program ended when family members were presented with a long-stem, red rose and the votive candle they had lit. Everyone left with a special memory in their heart.

The program was so well-received, that the families lingered to reminisce and to visit with each other. Peter and Mathew were surrounded by people asking if a similar ceremony could be done for groups they are involved in. As a result, they booked three ceremonies in other surrounding towns of the Greater Springfield area.

We are sure this will be repeated again and again as more and more groups are exposed to the program. It will also familiarize families with the ceremony so that they will request it when a loved one dies.

It is another way for the Forastiere Family to provide an additional memory for grieving families and lend support to anyone in the community who has lost a loved one.

Our "Spotlight On Business" is just one more reason why you turn our pages each and every week ...

ADVERTISER NEWS!!!

GIANT INDOOR TAG SALE

Springfield Turnverein

176 Garden St., Feeding Hills

Sat., Sept. 16th - 8:00 a.m.-3:00 p.m.

Refreshments Available



STANDING AT THE LEGACY CANDLE TABLE during a recent Candlelight Remembrance Ceremony held at the Agawam Senior Center are family members of those remembered.



PETER A. FORASTIERE OF COLONIAL-FORASTIERE FUNERAL HOME IN AGAWAM is seen at the podium as his son, Mathew, stands behind the Remembrance Table at the Candlelight Remembrance Ceremony held recently at the Agawam Senior Center.

Agawam Chamber To Tee Off In Golf Social

The Agawam Chamber of Commerce will hold its Third Annual Golf Social on September 21st at the Agawam Municipal Golf Course.

Sponsored by United Process, Inc., Chamber business professionals will participate in a nine-hole scramble with flexible tee times on the half-hour from 2-4 p.m.

The tournament will end with festivities, including hors d'oeuvres compliments of the Woronoco Savings

Bank, and golfing prizes.

The fee for the tournament is \$25 per golfer and includes greens fees, cart, and the post-tournament event. Reservations must be made in writing and in advance by mailing or writing to Laurie Brunelle, Events Coordinator, Affiliated Chambers of Commerce of Greater Springfield, Inc., 1441 Main Street, Suite 136, Springfield, MA, 01103-1449; fax: (413) 731-8530.

If you visit the Advertiser News' new office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance.

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Don't Assume Paying Points Is A Bad Thing...

Will all the mortgage companies bragging about their "no-point" loans, points must be pretty bad, huh?

Not necessarily. In today's world of mortgage lending, paying points just might be the smart way to go. At the very least, you need to consider the idea of paying points.

What exactly is a "point," anyway? One point equals one percent of your loan. While paying points requires you to bring extra cash to the settlement table, it can make long-term sense. Why?

Because points are really nothing more than a pre-payment of interest. By pre-paying some of your loan's interest, the lender will reward you by giving you a lower interest rate on the rest of your loan.

Peggy wants to borrow \$120,000, and her lender offers her a fixed-rate loan at nine percent. Unfortunately, that requires a bigger payment than she can afford. What she needs is a rate of eight percent.

Well, she can it by "paying points." In this example, let's say her lender agrees to offer Peggy that eight percent rate if Peggy will pay three points. Since she is seeking to borrow \$120,000, three points is \$3,600. Is cutting her rate by one percent worth paying \$3,600?

The answer depends on the spread between the no-point rate and the rate with points, and on how long Peggy plans to keep the loan (which itself is largely dependent on how long she plans to own her new home).

Peggy's nine percent loan would have cost \$964 per month; the eight percent loan just \$880. Thus,

paying three points would lower her monthly payment by \$85. Since the points would cost her \$3,600, it would take Peggy three-and-a-half years to recover that cost.

This simple calculation does not take into consideration the after-tax effects of each choice, or the fact that by spending \$3,600 on points, Peggy is not able to invest that money elsewhere (all of which makes this a rather complex calculation).

On the other hand, this calculation also ignores the fact that points are fully tax-deductible when paid to acquire a home - saving Peggy yet more money.

All this complexity notwithstanding, one thing is clear: Peggy should not even consider paying points if she's not going to keep her home (and her loan) for at least three-and-a-half years. Conversely, if she plans to own her home for 10 years or more, paying those points today will save her a lot of money in the long run.

Thus, the key question one must ask themselves is, "How long do I plan on having this loan?" Also, what else can I do with that money ... can I get a better return on my investment somewhere else?

So, the next time you hear mortgage lenders brag about their "no-point" loans, ask them to explain "the point" of their ad...

Need Real Estate Information Quickly?

Do you want to know what mortgage programs are best for you? Do you want to know what your home is worth? Do you have family and friends who may be interested in buying/selling a home? Do you need assistance in relocating? Would you like information on the prices of homes that have sold in your neighborhood? Simply e-mail your request or call me today!

Raymond Rose is a resident of Agawam and the Founder/Senior Associate of **THE PIONEER GROUP**, a professional real estate and financial services firm serving home buyers and sellers throughout the area. Comments and questions can be directed to him at 846-0961 or via his e-mail at RaymondRose@aol.com. Listen to his pre-recorded Home Buyer's Info Line at 846-0923. Also, contact him via e-mail to receive his **FREE** online newsletter ... it's filled with informative and money-saving info helping to "keep life simple." Thanks!

Legal Memo

by
Alan L. Ferrigno, Esq.
546 Springfield St., F.H.
(413) 786-9454



Intentional Infliction of Emotional Distress - Extramarital Affair...

Where a plaintiff brought suit alleging that a defendant, by having an extramarital affair with the plaintiff's wife, intentionally inflicted emotional distress on the plaintiff, the claim was properly dismissed on the ground that it was essentially a claim for alienation of affection or criminal conversation - two torts that have been abolished by statute.

With respect to an emotional distress count asserted by the plaintiff's son, an order dismissing that count should be affirmed on the ground that the defendant's actions were not the type of extreme and outrageous conduct necessary for recovery.

"Does a complaint alleging that a defendant engaged in an extramarital affair in order to injure a plaintiff spouse survive the statutory abolition of the common law torts of alienation of affection and criminal conversation?"

Concluding that such a complaint stated no case, a judge of the Superior Court dismissed it. The spouse and son appealed the dismissal.

The issue before the Court was one of first impression: Does an adulterous affair which was openly conducted and initiated "in part" to injure a plaintiff preclude at this stage a ruling as matter of law that there is "no set of facts in support of the plaintiff's claims which would entitle them to relief?"

The motion judge concluded that the plaintiffs' complaint was essentially a claim for alienation of affection or criminal conversation, forms of action which have been abolished by statute in this State, and for this reason dismissed the complaint.

The Court agreed with the motion judge that, with respect to the husband, the complaint should therefore be dismissed.

On a different basis, the Court concluded that the son's claim should also be dismissed.

The Court said, "An affair of the sort alleged here would by most in our society be considered reprehensible and a cause for sadness, anger and distress; we do not condone the behavior which is alleged to have occurred.

But an openly conducted affair, even one which is intended to, or which the actor should have known would, cause emotional harm, does not in our society constitute conduct which is 'extreme and outrageous.'

SEE FERRIGNO - Page 23

Pam Savioli



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What Is Earnest Money?

In legal terms, it is the money pledged to show ability and intent to perform a contract.

In a real estate transaction, it represents the buyer's sincerity and eagerness to purchase the home.

When the buyer makes a written offer, generally the

seller requires a monetary deposit. The deposit is kept in an escrow account of the real estate company that is handling the listing; it's not turned over to the seller. It is totally refundable if the offer is not accepted or if some condition of the contract is not satisfied by the dates in the contract.

If everything proceeds smoothly, the deposit applies in full toward the purchase price at closing.

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Call her at (413) 748-7565 for a free consultation; you can also look up her website on the Internet at <http://pam-savioli.realtor.com>.



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What Women Need To Know About Investment Risk & Reward (Part 2 Of 2)

Finding the right blend of risk and reward through diversification. So how do you find a comfortable blend of risk and reward and stay ahead of inflation with your investments? Start by asking yourself how much money you'll need to reach your goal and when you will need the money. If you have the luxury of a long time frame, consider diversifying your investments to include stocks or stock mutual funds that have tended to outpace inflation over the long run.

By combining different types of investments, you can design a portfolio that is consistent with your desired combination of risk and reward. Because each type of investment in a properly balanced portfolio performs differently under different market conditions, their combined performance tends to balance over time, helping stabilize your portfolio as a whole.

Getting there a little bit at a time. Another way to avoid concerns about market ups and downs is by investing regularly over long periods of time. Many investors who don't have large sums of cash to invest find that a time-tested strategy called dollar-cost averaging helps them avoid the "procrastination factor."

Keenan & Molta Offers Special Sr. Discount

Local seniors are being offered an opportunity to save thousands on the sale of their home through a unique initiative from Coldwell Banker Keenan & Molta Associates. The company is providing these special services in two ways. Keenan & Molta agents are undergoing special training to become Senior Specialists.

The company is also offering a **15 percent discount** on listing fees. "These offers are a way for us to thank our loyal customers who've worked hard to

Dollar-cost averaging lets you invest a constant amount of money in a given investment at regular intervals. When the price is high, you automatically buy fewer shares, and when the price is low, you automatically buy more. The strategy lets you put aside a set number of dollars each month without worrying about when it's the right time to buy.

While dollar-cost averaging doesn't ensure a profit or protect against loss, it can be an effective way to accumulate shares over time. Keep in mind, however, that the success of this strategy depends on your ability to continue investing through periods of high and low price levels.

Factoring in Social Security. In the past, women have heavily relied on Social Security for retirement income. In fact, a 1998 Congressional Budget Office study shows that more than half of all women age 65 and older count on Social Security for an average of 53 percent of their income.

Statistics like these show why women have a lot at stake in Social Security's future. It's true that reform for the government program may be just around the corner. But if you're not a risk-taker, you may not want to bet your future on the solvency of a tentative system. It may make more sense to take your future into your own hands.

Working with a financial advisor to create a plan for your retirement can help take the worry out of what might be down the road. An advisor can help you understand your financial situation, balance your expected results with your risk tolerance, and recommend investments that can help you reach your goals. And, keep in mind, it's never too late to get started. The sooner you take the first step, the closer your dreams are to reality.

build up equity in their homes and now need to make some changes," says Bob Molta, President of Coldwell Banker Keenan & Molta Associates.

Keenan & Molta's new initiative goes beyond saving money. The company is offering the services of **Senior Specialists**, agents who are trained to help seniors face the changes that come with moving to a new home. The company is also offering the moving and transition services of Barbara Perman's company, **Moving On.**

Swk. Association Of Businesses To Hold Oct. 15th Fair

The Southwick Association of Businesses will present its first annual business fair. The fair will be held at the Southwick-Tolland Regional High School on Sunday, October 15th, in the cafeteria.

The fair will be open to the public from 11:00 a.m. until 4:00 p.m. The fair will feature some of the businesses of the Association.

At this time, we would like to extend an invitation to all the businesses in Southwick to join the Southwick Association of Businesses and display your services or merchandise at the October Fair.

There will be entertainment, a 50/50 raffle, and door prize drawings. The cost of the booth will be \$45 without electricity and \$50 with electricity. Booths will be sold on a first-come basis.

For more information, you may call Richard Chase at 413-569-6844.

*For photo coverage
in The AAN, call
786-7747 or
786-8137; however,
please give us at
least 72 hours' notice
prior to your event.
Thank you.*

FERRIGNO - from Page 22

... 'beyond all possible bounds of decency' and ... 'utterly intolerable in a civilized community.'"

In this respect, the Court's holding is in line with the majority of State Courts having decided similar issues.

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachusetts.

If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.

ALAN L. FERRIGNO

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Registered Dietician

Enter The "Zone"...

Whatever you do to lose weight, you must do forever to keep it off. In this, the third part of our three-part series reviewing popular diet books, we look at "The Zone" by Barry Sears, PhD. It's a little hard to understand, but it does include more variety of foods than The Atkins & Sugar Buster plans.

Premise/Theory:

The "zone" is a metabolic state in which the mind is relaxed and focused and the body is strong and works at peak efficiency. A person in the "zone" will allegedly experience permanent body fat loss, optimal health, greater athletic performance, and improved mental productivity.

Insulin is released as a result of eating carbohydrates and leads to weight gain. Because food has a potent, drug-like effect on the hormonal systems that regulate the body's physiological processes, eating the right combination of foods leads to a metabolic state (lower insulin levels and lower eicosanoid levels) in which the body works at peak performance and which results in decreased hunger, weight loss, and increased energy.

Dietary Recommendations:

* To get into the "zone," rigid quantities of food, apportioned in blocks and at prescribed times, are recommended in a distribution of 40 percent carbohydrate, 30 percent protein, and 30 percent fat. Meals should provide no more than 500 calories and snacks

less than 100 calories.

* Food should be treated like a medical prescription or a drug.

* Menus suggest lots of egg whites, nuts, olives, peanut butter, and monounsaturated fats and large amounts of allowable (low-glycemic-index) fruits and vegetables. Alcohol is okay in moderation, but "zone" followers are advised to avoid or limit carbohydrates, especially pasta, bread, high-glycemic-index fruits and vegetables such as carrots and bananas, saturated fat, and arachidonic acid.

* Diet average of 1,300 calories per day, although some menus may run as low as 850 calories.

Concerns:

* Oversimplifies complicated physiological processes. For example, eicosanoids are one part of a complex system, and no studies suggest that they are dangerous or cause disease.

* The metabolic pathways explained in the book that supposedly connect diet, insulin-glucagon, and eicosanoids are not found in standard nutrition or biochemistry texts. The premise that any type of diet completely controls insulin and glucagon secretion is not supported by current nutrition or biochemistry knowledge, nor is the theory that the insulin-glucagon axis controls production of eicosanoids.

* Relies upon unproven claims based on case histories, testimonials, and uncontrolled studies that are not published in peer-reviewed journals.

(Next time: we review how "Low Iron Affects Muscle Metabolism.")

Nancy Dell, MS, is a registered dietitian in private practice in Feeding Hills and the media representative for the Massachusetts Dietetic Association. She can be reached at 850 Springfield St., Suite 4, Feeding Hills, MA 01030; (413) 786-2957. Accepting Tufts, Secure Horizons, and Harvard Pilgrim.

Cancer Support Group At Mercy Hospital

Persons with cancer, their families and friends, or persons who have lost a loved one to cancer, are invited to attend Mercy Hospital's Cancer Support Group. The free meetings are conducted Mondays at 7:00 p.m. in the hospital's Deliso Conference Center, 299 Carew Street, Springfield.

The group offers information on topics of interest to people with cancer, and provides an opportunity to share experiences in a friendly, supportive atmosphere. Meetings are facilitated by Sr. Madeleine Joy, S.P., of Mercy Hospital's Pastoral Care Department.

A break-out group, designed specifically for those who have lost a loved one to cancer, meets on the first Monday of the month. A break-out group for caregivers, meets on the second Monday of the month.

Private sessions are also available for young people who have a parent with cancer.

Please call the Pastoral Care Department, (413) 748-9453, for more information.

Mercy Hospital is a member of the Sisters of Providence Health System (SPHS). The SPHS's member organizations provide hospital and ambulatory care, rehabilitation, behavioral health services, nursing home care, retirement living, employee health services, home care, and more.

The SPHS is a founding member of Catholic Health East, one of the nation's largest health care systems.

Catholic Health East facilities serve communities in eastern states from Maine to Florida.

"For Your Health" is just one more reason why you turn our pages each and every week ... ADVERTISER NEWS!!!

FUNWALK For "Griffin's Friends" On Sept. 17th

On Sunday, September 17th, the annual FUNWALK will be held to benefit Griffin's Friends and the Child Life Department at Baystate Medical Center Children's Hospital. This exciting event will be held at Westover Air Force Base in Chicopee from 1:00 to 4:00 p.m., with registration from 12:00 noon to 1:00 p.m.

Griffin's Friends Children Cancer Fund provides "moments of joy" for local children afflicted with cancer and life-threatening blood disorders. Through fundraising events, Griffin's Friends provides these special children with the "toys and joys of childhood" far removed from their pain, fear, and medical treatment experiences. This seven year-old group of volunteers was established in the Springfield area to benefit children who are treated at the Pediatric Hematology/Oncology Clinic at Baystate Medical Center Children's Hospital.

ALL of the money raised will be used to support these families and the Child Life Department. The money is spent on holiday parties, a yearly picnic, trips, shows, and sporting events. The money buys games, toys, rocking chairs, crafts, TVs, and VCRs. The group buys supportive resources, sends kids to special camps, and offers a college scholarship. Griffin's Friends makes it possible to help families through some very stressful times.

The Child Life Department includes the Child Life Specialists and the Hospital School Teacher. These are the staff members who educate, support, and offer children the opportunity to play and be children throughout this very adult hospital world. They help to make this environment understandable and less scary for children and their family. The money raised will allow them to reach more children throughout the Children's Hospital.

The three-mile FUNWALK will be held rain or shine. If you are interested in walking, pledging money, or finding out more information about Griffin's Friends, please call Maureen McCarthy at (413) 794-8600 (voice mail 49745).

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!

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INVITATION FOR SNOW PLOWING/REMOVAL QUOTES AGAWAM HOUSING AUTHORITY

Open competitive quotes sought for snow plowing and snow removal at six housing locations. Specifications are available at the office. Quotes should be received no later than


Monday, September 18, 2000 at 3:00 p.m. at the office of the

Agawam Housing Authority at

66 Meadowbrook Manor, Agawam, MA 01001.

Acceptable contractors will provide necessary insurance documentation as required.

Christian M. Quatrone, MS, PHM
Executive Director, Agawam Housing Authority



**Your Back And
Your Health**
by
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What To Expect At Our Office...

Thinking about a visit with a local chiropractic physician? Here's what you may expect at our office.

The first thing we will do is ask about the health complaints about which you are chiefly concerned. We will ask about your family history, dietary habits, other care you may have had (chiropractic, osteopathic, medical, etc.), your job, and other questions designed to help determine the nature of your illness and the best way to go about treating the problem.

A physical examination will be performed in accordance with our clinical judgement, which may include x-rays, and other diagnostic procedures. In addition, a careful spinal examination and analysis will be performed to detect any structural abnormalities which may be affecting or causing your condition. All of these elements are important components of your total health profile, and vital to the doctor of chiropractic in evaluating your problem.

An "adjustment," as doctors of chiropractic use the

term, means the specific manipulation of vertebrae which have abnormal movement patterns or fail to function normally. Doctors of chiropractic spend years learning motion palpation (the art of examining by movement or touch) and other forms of spinal examining procedures, so that they can administer specific and appropriate spinal adjustments.

Once we have identified the problem, we will begin care by way of these adjustments or "manipulations." Particular attention will be paid to that area of your spine where a spinal derangement or "subluxation" has been detected. The adjustment is usually given by hand or an instrument, and consists of applying pressure to the areas of the spine that are out of alignment or that do not move properly within their normal range of motion.

Doctors of chiropractic use many sophisticated and varied techniques, and the specific procedure to be used will be determined and explained completely to you following a careful evaluation of your radiographs and physical findings.

Under normal circumstances, adjustments don't hurt. Adjustments or manipulations are extremely safe. The risk factor is estimated to be in excess of one-million to one.

Feel free to call our office for an appointment. We are located at 192 Shoemaker Lane in Agawam, or give us a call at 789-1369 or 789-1073.

If you visit the Advertiser News' new office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance. Thank you...

Support Group For "Essential Tremor" Sufferers

Do you have "essential tremor" (shaking hands, voice, or head for no known cause)? You are not alone. Millions of men, women, and children in the United States have it, too.

The Connecticut River Valley Essential Tremor Advocates is a support group that meets on the fourth Wednesday of the month at 6:00 p.m. at the Chicopee Senior Center, 7 Valley View Court, Chicopee.

We invite you to join us to explore treatments and share coping strategies for essential tremor.


For more information, please call Judy at (413) 594-7674.

Smoking Cessation Support Group At Mercy Hospital

A support group for persons interested in quitting smoking meets Mondays, 6:00-7:00 p.m. in the fifth floor conference room at Mercy Hospital, 271 Carew St.

Sponsored by the Providence Hospital Tobacco Control Program, the group offers services including individual counseling, cessation groups, alternative health referrals, education and motivational support.

For more information, call the Tobacco Control program, (413) 493-2039 or (413) 535-1000.



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Meet Dr. Sharon MacMillan, Ob-Gyn
At our OCT. 7 FAIR, meet Dr. MacMillan at her booth on alternative remedies for PMS & Menopause or at the OCT. 4 SEMINAR "Healthy Mom - Healthy Baby". New on staff at Agawam Medical West's Ob-Gyn department, Dr. MacMillan is experienced, compassionate, and board certified in Ob-Gyn with special interests in many areas of women's health, including menopause & PMS relief, as well as healthy babies & healthy moms.

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"HEALTHY MOM- HEALTHY BABY"
Wednesday Oct. 4 6:45-8:30 pm Dr. Sharon MacMillan, OB-GYN
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"RAISING a CHILD WHO LOVES to READ"
Thursday Oct. 5 6:45-8:30 pm Dr. Lydia Sarro, Pediatrician
Hilda Bustamante, Pediatric Nurse Practitioner
Language development, listening skills; the impact of television, and more.



Chiropractic Care

by Dr. Tami Nelson
Chiropractic Physician
Hampden County
Chiropractic
850 Springfield St.
Feeding Hills
786-4820

Avoiding Premature Degeneration...

When patients come into the office for the initial visit, the first part of the examination is a thorough history. Not only do we ask about the current pain (location, severity, radiation of symptoms, when did it start, etc.), we also ask about any previous injuries.

We also ask if there was any damage to the spine before in an accident, fall, sports injury, work accident, etc. It's amazing how many people have injured themselves years earlier and predisposed themselves to premature degeneration of the spine or joint.

A recent article in the newspaper discussed knee injuries in youth that could deteriorate into arthritis during middle age. A single knee injury as a teenager or a young adult can triple the risk of arthritis by middle age.

Nearly 21-million Americans suffer from osteoarthritis, the form of joint disease typically caused by the wear and tear of aging. The smooth, slippery cartilage that cushions joints over time, becomes rough and cracked, causing pain and stiffness that can become severe as the cartilage continues to disintegrate.

The article went on to state that people who injured a knee before age 22 had a threefold increased risk of getting arthritis in that knee, and it typically struck by the mid-50's. Injuries included ligament or cartilage tears and bone fractures.

Football, basketball, and skiing-related injuries

Agawam Group Sponsored By The NAMI-WM

On the last Monday of each month, a support group sponsored by the National Alliance for the Mentally Ill of Western Massachusetts is held at the Agawam Council On Aging, 68 Meadowbrook Manor, from 7:00 to 9:00 p.m.

Groups sponsored by the NAMI-WM are facilitated by persons who have had years of experience with mental illness, either directly or as family members of an ill person. At most meetings, there will be people present who have varying degrees of experience and knowledge about mental illness. Others have only recently faced the problems created by mental illness.

were among the most common causes, but car accidents and falls were also sources of injury.

The question was then asked if the injury heals, why would it matter? The researcher went on to explain that even mild damage throws off a joint's biomechanics, which has an effect year after year on the joints.

Although the article referred to the knee, the spine is made up of 24 movable bones called vertebrae. These vertebrae are connected by joints. Often times the joints are injured due to falls, sports injuries, work-related injuries, etc.

Many times in the office, I see premature degeneration of the spine on x-rays. Oftentimes, the degeneration can be directly related to an injury many years previously.

There are so many ways to treat pain due to degeneration, including joint mobilization, nutritional therapy, soft-tissue work, etc. The key now is preventing children from injury themselves by education. Explaining the importance of proper stretching is imperative, along with avoiding any extreme activities that may cause damage. If a young person does get injured, proper treatment is essential in order to avoid problems in the future.

This includes chiropractic care that not only treats the joint that has been injured, but the surrounding joints as well. The surrounding joints compensate for the lack of motion to the injured joint, and soon they can be damaged also.

If you or your family member has been injured, seek chiropractic care for thorough and complete treatment for the present and for the future!

Dr. Nelson maintains an office at 850 Springfield Street in Feeding Hills. She can be reached at 786-4820.

The support group meetings are intended to supply emotional support and information.

Discussions are honest and open, but no one is expected to talk about anything he or she would rather not discuss. *Everything said at these meetings is kept confidential.*

If you are interested in joining and would like to receive more information about the support group, please contact Lucille Drewnowski at 786-1236.

From Baystate Medical Center...

A New School Year Signals An Increase In Sports Injuries

As children prepare to return to the classroom this fall, they will also be returning to the playing field for various sports, such as football, soccer and cross-country, as well as other athletic activities, including cheerleading.

"It is estimated that 40 million kids throughout the country participate in athletic activities both in and out of school each year," said Terry Ditmar, a physical therapist and certified strength and conditioning specialist at Baystate Rehabilitation Care at 3300 Main Street, a service of Baystate Health System.

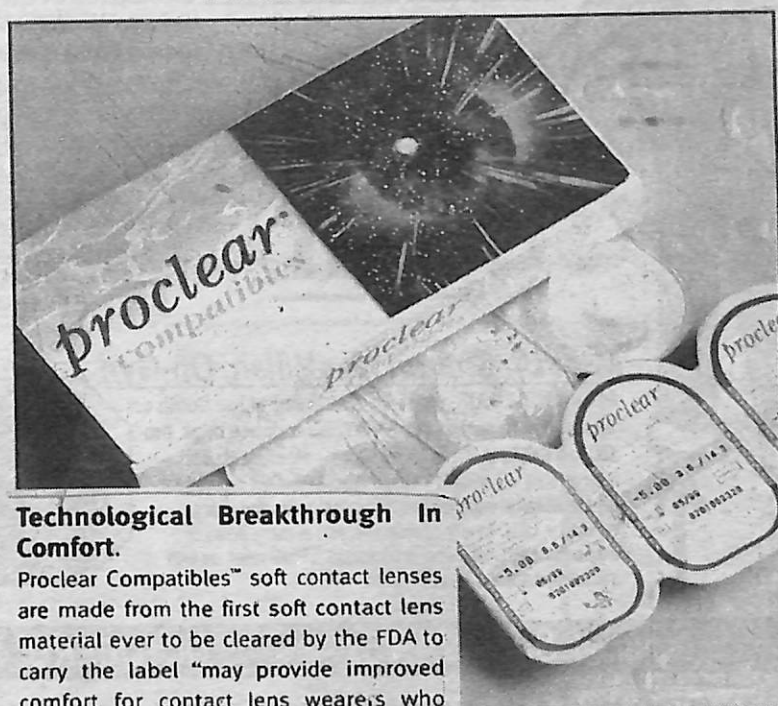
According to Ditmar, many of these injuries are due to fatigue and poor conditioning. Ditmar explained that when an overuse injury occurs, young athletes should modify the intensity, duration, and/or frequency of the activity to allow the body to recover and heal itself. "Some discomfort is normal with the onset of a new or renewed sports activity," Ditmar said, "such as muscle aches or stiffness after hard practice. But any pain lasting more than five days may indicate a more serious injury which will need the attention of a doctor of physical therapist," he said.

He also cautioned that when injury does occur, full recovery is "never guaranteed" and that prevention is the key. According to the Baystate physical therapist, stretching exercises are one of the most effective ways of preventing injury. "You should warm up and stretch lightly prior to athletic activity and then stretch more aggressively afterward," said Ditmar. "Think of it as preparing your body for the next bout of exercise."

For more information about rehabilitation services throughout Baystate Health System, and for more information about the Sportsmetric program, call 413-794-8922.

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A Time Of Innocence And Trauma

I grew up on the streets of Brooklyn, New York. It was a time when our front door was never locked and kids played unsupervised outside all day. We played and created street games that entertained us non-stop and also kept us out of trouble.

I remember walking, biking, and taking the subway nearly everywhere. I crossed major traffic intersections to get back and forth to elementary school each day. But the best was when parents would catch us kids stirring up trouble in and around the house. They would tell us, "Go out and play between the yellow lines." This common euphemism captured the essence of those early years of my life - innocence and risk, side by side.

The yellow lines, of course, refer to the traffic lines separating two lanes of traffic. This was our playground for stick ball and other street games. Traffic constantly crossed the base paths painted on the asphalt. We'd yell out, "Car!!!" only when it really mattered; otherwise, the game went on! And so did life.

It was twilight as I chased after my friend Craig during a game of "round-up." He ran out between two parked cars. I followed. He didn't stay close enough to the parked cars as he ran out into the street. I watched in horror as a speeding car flung his four-foot, barely 90-pound frame down the street some 25 feet in the air. This was my first friend that ever died. I was 10 years-old.

Trauma changed our innocent lives. We all grew

up at the speed of the streets, much too fast.

Many of us know trauma much too personally: the sudden death of a friend, family violence, sexual abuse by a stranger or relative, suicide, the devastation of hurricane winds and water, or other natural disasters.

When it came to not getting what they wanted, the Brooklyn street kids evoked a magical saying ... "Do-over!"

As children, we were able to call for a "do-over" and undo a third strike because the sun was in our eyes. We made the rules up as we went along, and do-overs were an accepted thing. We tragically learned, however, we couldn't do-over the trauma of our buddy's death.

A client of mine shared a statement a friend of hers made that goes something like, "All the counseling I've done didn't change my childhood!" **We can't do-it-over!** Life is changed by trauma. Innocence can be lost. How we face our past and today's challenges will significantly impact how we will or will not be able to really live in the present and into our future.

Talking about what needs healing can be very helpful. Sharing your story can support another person's journey. What are some of your stories? If shared with me, I will keep your name anonymous, so please use my **e-mail address** or continue to **write or call me with your feedback, relationship questions, and topics and "Let's Talk about it"**.

Dan Pender, MA, MFT has a private practice as a Marriage & Family Therapist, specializing in individual, couple, and family relationships. He is a Clinical member of the American Association of Marriage & Family Therapy. He can be reached by e-mail at dpmft449@aol.com or P.O. Box 449, Agawam, MA 01001 or by phone at (413) 789-4460.

Noble Hospital's Calendar For September

Cosmetic Plastic Surgery Seminar given by Gary E. Russolillo, M.C., Tuesday, September 19th, 6:30-7:30 p.m., Conference Room B. Free of charge, limited seating, advance registration required. To register, call HealthBeat at 568-2328.

Bronson Rehabilitation Center - Annual Reunion and Picnic for all current and former patients and their families, Friday, September 22nd, 11:00 a.m.-2:00 p.m., on the Mill Street lawn at Noble Hospital. Free of charge. Advance registration required. To register, call 572-5151.

The Diabetes Support Group will hold a meeting on Tuesday, September 26 from 2:00 - 3:00 p.m., titled: "Supermarket Survival Tour" with Jennifer Giffune, M.S., R. D., Clinical Dietitian. Please meet at the Super Food Mart on East Main Street in Westfield by the Customer Service counter. You may want to wear comfortable shoes. For further information, call 572-5178.

Back to School for Better Breathers: for individuals with lung disease, experiencing shortness of breath. Every Wednesday and Friday in September and in October from 1:00 - 3:00 p.m. at the Cardiopulmonary Classroom on the third floor at Noble Hospital. Topics

and speakers will vary at each session.

The Caregivers Support Group will meet on the second and last Wednesday of every month, which is sponsored by the Noble Visiting Nurse and Hospice Services, from 4:00 - 5:00 p.m. in the Bronson Music Room at Noble Hospital. For those caring for someone with a life-threatening illness. For more information, call Kim Cressotti, R. N. at 413-562-7049.

The Bereavement Group will meet every Wednesday (except the last Wednesday of the month). The meeting will begin at 6:30 p.m. and run until 7:30 p.m. in the Bronson Music Room at Noble Hospital. For more information, please call Kim Cressotti at (413)-562-7049.

Boston Marathon Jimmy Fund Walk Set For Sept. 24th

Last year, four Agawam residents, Steven Curry, Beth Weaver, Lillian Martin, and Dorsey Cokkinias, walked from Hopkinton to Boston in the 11th Annual Boston Marathon Jimmy Fund Walk, making Agawam a leading town in the effort to raise money for cancer research.

With funding needs for cancer research on the rise, the Jimmy Fund is hoping to attract more walkers from Agawam for the Sept. 24th event. The goal is for 8,000 walkers to raise more than \$3.3 million through the one-day event.

Dana-Farber Cancer Institute is a world-renowned cancer research and treatment facility that cares for adults with all forms of cancer. The Jimmy Fund Clinic cares for children afflicted with cancer.

While individual walkers qualify to participate in the Walk by raising \$100, walkers are being asked to "go the extra mile" and become a Pacesetter — a walker who raises \$500 or more. Pacesetters receive special recognition at the finish line. They will also receive a special club T-shirt and be invited to a reception held in their honor in the spring.

"Almost everyone has been affected by cancer in one way or another," says Emily Swymer, director of the Boston Marathon Jimmy Fund Marathon Walk. "Either they have fought it themselves or had a family member or friend stricken by it. We're encouraging people to fight back by joining with their friends and neighbors in this fun, but important fundraising effort."

Walkers may choose to walk a half marathon (13.1 miles) that begins at Wellesley High School or they can join Jimmy Fund Clinic patients and their families in the three-mile Patient/Family Walk that starts at Dana-Farber Cancer Institute.

The 12th Annual Boston Marathon Jimmy Fund Walk begins in Hopkinton at 7:00 a.m. in Wellesley at 11:00 a.m., and at Dana-Farber Cancer Institute at 2:00 p.m.

All walkers finish at Copley Square, where they will be met with music, food, and a post-walk program featuring speakers from Dana-Farber Cancer Institute.

For more information on how to join the fight against cancer by participating in the Boston Marathon Jimmy Fund Walk on Sunday, Sept. 24th, or how to join the Pacesetters, call Walk organizers at (800) 632-3562 or visit www.jimmyfund.org.

Participants can register and make financial contributions on-line by visiting the "Events" section, then "Marathon Walk" on the Web site.

The New England Center for Marriage and Family Therapy
Therapy Groups

- Anger Management begins October 7th, 10:30 AM-12:00 PM
- Parenting begins October 9th, 6:00-7:30 PM
- Premarital open scheduling
- Early Recovery & Relapse Prevention begins October 10th, 6:00-7:30 PM

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Please refer to this Agawam News ad.

Innocence & Trauma

... a journey of discovery

Read more about this in today's **FOR YOUR HEALTH** column.

from

Dan Pender
Marriage & Family Therapist
private practice (413) 789 - 4460
e-mail address: dpmft449@aol.com

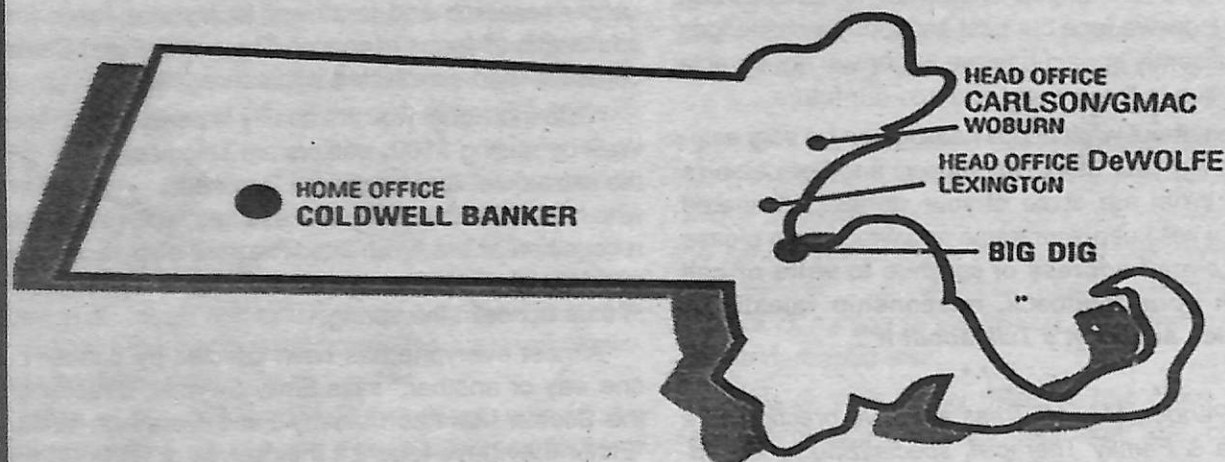
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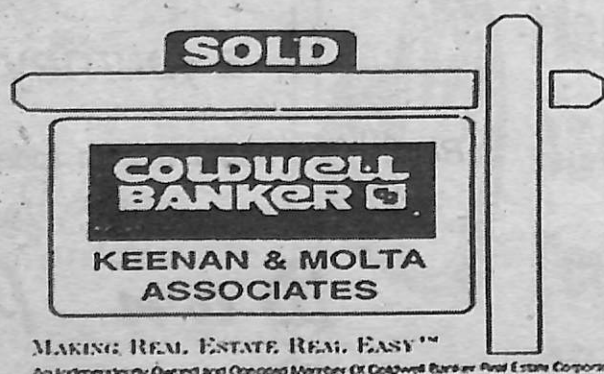
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Ice Box Manhattan (1.75 Ltr.) \$9.99	Jagermeister (750 ml.) \$13.99	Keke Key Lime Liqueur (750 ml.) \$15.99	Kahlua "Drinks To Go" (4-Pk.) Mudslide, White Russian, Rum Cola, Toasted Almond \$4.49	Mike's Hard Lemonade (12-Pk.) \$9.99	Jack Daniels Country Cocktails (4-Pk.) Lemonade, Cactus Kicker, Downhome Punch, Tennessee Tea, Watermelon Spike, Hurricane Punch, Red-Eye Jack, Apple Jack, Wildberry Jack \$4.29		

SEPTEMBER BEER SPECIALS

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Foster's <i>Australia</i> (12-Pk. Btls.) \$8.99	Longtrail (12-Pk. Btls.) \$10.99	Grolsch <i>Holland</i> (12-Pk. Btls.) \$9.99	Labatt's <i>Canada</i> (12-Pk. Cans) \$7.99	Samuel Smith <i>England</i> (18.7 Oz.) \$2.99 or 3/\$7.99	Berkshire Brewing Co. (64 Oz. Growlers) \$4.49 or 2/\$7.99

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Arts

A "Peach" Of A Play Coming To Red Door Theatre

You've read the story. You've seen the video. Now is your chance to be part of the real thing and act out the fantastic adventure of Roald Dahl's "James and The Giant Peach."

STAGE's Children's Theatre is holding registration for its fall after-school drama camp held Tuesday and Wednesday afternoons from 3:30 to 5:30 p.m. at The Red Door Theatre beginning October 3rd and ending with four public performances on November 10th, 11th, and 12th.

The camp is open to young people ages 8-15 years of age, but registration is limited due to the small number of characters in the Dahl tale. But what characters they are!

You'll meet the wise and even-tempered, old, green grasshopper; the rascally and self-proclaimed pest, Centipede; there's the kind and gentle Lady Bug; clever Miss Spider; practical Glowworm; the industrious Silkworm; the much-maligned but "down-to-earth"-worm; the cruel and bad-tempered Aunt Sponge and Aunt Spiker; and (of course) our hero, James.

It is James who begins the whole adventure after accidentally creating a giant peach from some magic crystal seeds. The peach breaks loose with all on board and begins a journey across land, sea, and air to finally come to rest in a rousing "ticket-tape" finale.

Directors Lyle Pearsons and Margie Secora also have some surprises in store for the audience. So come join the fun of acting out this modern classic and being a part of this award-winning children's theatre by call (413) 789-2026 for registration and ticket information.

"The Food Dude"

by John Walters
WHYN AM 560



Making Your Own Butter...

Have you ever made your own butter? It is very easy, and you can be assured when you make it yourself it is the very best you can get.

In the old days, they had a churn to make butter. This was simply a container that had a plunger-style make-up so you could drive the milk out of the cream and leave behind fresh, sweet butter. That's all you are really doing - driving the milk out of the cream and leaving behind the solids.

When you melt butter in the pan, you will notice some white liquid sitting at the bottom of the clear oil. These are the solids. The clear and clarified oil left behind is very pure and lasts longer than butter with the solids. Regular butter can become rancid if left out for too long a period.

Now to make your butter. In a large mixing bowl, pour cold, heavy cream (at least a pint). Start your mixer slowly and then increase your speed. At first, you will make whipped cream out of your liquid. Do not add any sweeteners.

Keep beating the whipped cream. Start to lower your speed and keep a close watch on your mixture. When the whipped cream turns to butter (and it will happen suddenly), you will tend to splash the milk all about.

The cream will start to have a curdled appearance and whey will start to appear. This is your signal that butter is about to appear.

The butter will come together in a block. All of the butter fat is together now, and the milk or whey has

been driven out.

Save the liquid in a glass. It will be ice cold. Take the butter out and place in a covered container. The refrigerator will change the flavor in a hurry, so keep it covered.

You now have pure butter. It is unsalted, so the taste will be a little different than you are used to. For salted butter, you will need to experiment on the amount you prefer.

Two tablespoons of water with about a 1/4 tsp of salt dissolved into it can be added when the cream is whipped and peaking. This will change the flavor of the whey as well.

If no salt is added, I drink the whey. Hey, it's just a glass of cold milk.

In all your recipes, you will notice a difference in the taste and quality of the product you are making.

Make sure that you take the time to go to my web site at www.foodduderadio.com for more recipes and you can send me comments. If there is a particular recipe you would like, you can write to me at Food Dude, P.O. Box 741, Agawam, MA 01001.

Send me some of your recipes and comments; I enjoy the feedback. You can also call the studio answering machine and leave comments at 786-3522. If you have any food-related stories, feel free to send them in or call.

(When we start making cookies a little later in the year, this homemade butter will come in handy.)

JOHN WALTERS, "The Food Dude," can be heard each Saturday afternoon from 1:00 to 3:00 p.m. on WHYN AM 560.

(Pond Side Garage and Radiator Shop - 704 Spfld. St., Feeding Hills, 789-6170 - is his sponsor.)



Six Flags New England To Hold Open Auditions For Fall Shows

Six Flags New England, 1756 Main St., Agawam, is auditioning on Sunday, Sept. 17th from 12:00 noon-4:00 p.m. for ghouls, ghosts, goblins, witches, zombies and the scariest of monsters.

We are assembling a cast of over 100 enthusiastic individuals complete with dancers, actors, actresses, and puppeteers for New England's biggest and scariest Halloween Celebration!

Acting positions are available at the Park's Haunted House, Houdini's Ghost Town, Trick-Or-Treat Trail, dance performances and many other areas. Ushers, technicians, builders, make-up artists and

scenic artist positions are also available.

Anyone interested in having fun and making money!

Walk-ins are welcome! Interviews will be held in the Human Resources Dept. and a short reading will be required.

FrightFest at Six Flags New England attracts people from all over New England!

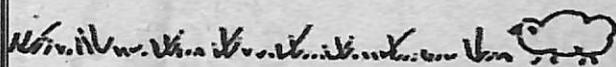
It will run Fridays, Saturdays and Sundays, October 6th- 29th, and will stay open October 30th and 31st to celebrate Halloween the way only Six Flags New England knows how!

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Recent Release Requests...

In granting two more readers' requests, here are some popular newer films available at the video store.

* **"There's Something About Mary": 1998. Rated R.**

The Farrelly brothers churned out this comedy about an idolic girl pursued by obsessed suitors. Cameron Diaz stars in the title role, with Ben Stiller and Matt Dillon as the would-be suitors.

The acting in this film proves to be the high point, especially by Diaz and Stiller. Diaz brings her beauty and charm to the role of Mary in perfect unison with Stiller's character's desperate schoolboy mentality. Consequently, the chemistry between these two stars is quite impressive.

The film starts out to be quite funny, but suddenly and rapidly begins to cave under the pressure of tasteless and needless sexual humor. The Farrelly brothers took the easy way out by constructing humor around the notion that filling the audience with disgust will generate shocking and repulsed laughs. Surely, they were sonically aware that this would work as it did. There are, however, a myriad of different ways that this script could have produced laughs without the inclusion of outright moronic and repugnant sequences. No one is comfortable watching this type of generic sexual humor and, consequently, this destroys the film's integrity early on.

It is a shame that the comedic talents of Stiller are wasted on such shallow subject matter. Being the physical actor that he always has been, much more could have been made of his comedic contribution to the picture; instead, he is reduced to generating laughs that are spawned from audience disgust instead of true comedy. Unfortunately, aside from the acting and Diaz's charm, there really *isn't* something

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you turn our pages each and
every week ... AAN!!!*

Amber (Rambo!)

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Now it's your

"Sweet Sixteenth"

Happy Birthday * 9-19-84



Love,
Mom, Dad, Gina, & Diane

about Mary that's worth seeing. **1 STAR.**

* **"The Blair Witch Project": 1999. Rated R.**

This horror flick (at least I think I could classify it in the horror genre) centers around a trio of student filmmakers who embark on an amateur project to film a documentary about the Burkittsville, Maryland legend of the Blair Witch. Heather Donahue, Michael Williams, and Josh Leonard enter the deep woods armed only with a map and a camcorder in an effort to film the Blair Witch. Once the map is lost, the trio - and the viewer - find true horror when they become lost in the woods while being stalked by an unknown entity. This film is based upon an alleged true story, and the actual film itself is supposedly an accurate recreation of the missing teens' video that was recovered.

The film is entirely shot with an amateur camcorder. Fellow film critics have denounced this idea and complained that the frequent shaky filming was unsettling. I applaud this aspect of the film. It gives the viewer the sense that this is really the actual footage that was found (it was also promoted as such prior to the release of the film). The film exploits the primal fears within the viewer through the unseen stalker. We hear the characters shout in terror in reference to the stalker although we never actually get a glimpse. This methodology works in much the way that the first act of *Jaws* did in that the antagonist is unseen. This produces that primal human fear I refer to and single-handedly creates the success that this film enjoys in that area.

Imagery is also a prevalent device used. Aside from the obvious horrors that were caught on tape (such as the end of the film), we also see more subtle imagery such as piles of rocks assembled in some ritualistic manner that appear outside the trio's tent each morning, as well as eerie twig effigies strung up in the trees in the deep woods. It is at these moments that the audience is made to be completely vulnerable as we relate to how we would react to such a bizarre discovery so far off the beaten track.

The only disappointment with the film for me was the eventual discovery that this was recreated footage while it was initially reported as the actual footage that was recovered. For you, however, this will not be an issue since you were informed prior to viewing. "The

Blair Witch Project" does to camping what "Psycho" did to showers ... oh, and don't watch it alone! **3 STARS.**

* **"Deep Blue Sea": 1999. Rated R.**

Renny Harlin directs this film about an ocean complex called *Aquatica* where sharks are used as lab rats in an effort to use their brains for a cure for Alzheimer's disease. Problems arise when the sharks brains are unethically enhanced to grow larger, thusly, making them smarter. These sharks then use their new-found intellect to eat people.

In a film such as this, suspense is a critical ingredient. The only suspense that Harlin really creates successfully is the mystery of who will be next on the menu. Many naturally compare this film to that other shark movie from 1975. Well, these comparisons are how many rated this film. In actuality, they are quite different films ... for better or for worse.

Harlin obviously turned his back on true suspense halfway through the film and opted instead, it seems, to focus on computer-generated, fake-looking sharks. This is the crippling aspect of "Deep Blue Sea" - the quite noticeable computer effects. Instead of the viewer feeling true fear of these sharks, they instead remark on the computer effects. (Definitely not Harlin's intention.)

There are moments in this film, however, that will give you the chills. Notice the sequence involving co-star L.L. Cool J in the complex's kitchen; it proves to be one of the best in the film. Unfortunately, for every good scene there's two bad ones, like the ludicrous death of Samuel L. Jackson's character.

Renny Harlin did not drop the ball here; he just bobbled it in his hands a little along the way. The good thing is that the film ends on a high note, for the concluding segments are quite impressive. If you can look beyond the frequent idiosyncracies, then you'll have fun watching. **3 STARS.**

* **"PISANO'S PICKS" REVIEW GUIDE: 5 STARS** - Extraordinary; **4 STARS** - Excellent; **3 STARS** - Good; **2 STARS** - Average; **1 STAR** - Watchable; **0 STARS** - Avoid.

Please send comments and film requests to "The Agawam Advertiser News," Attention: Lou Pisano, P.O. Box 263, Feeding Hills, MA 01030.

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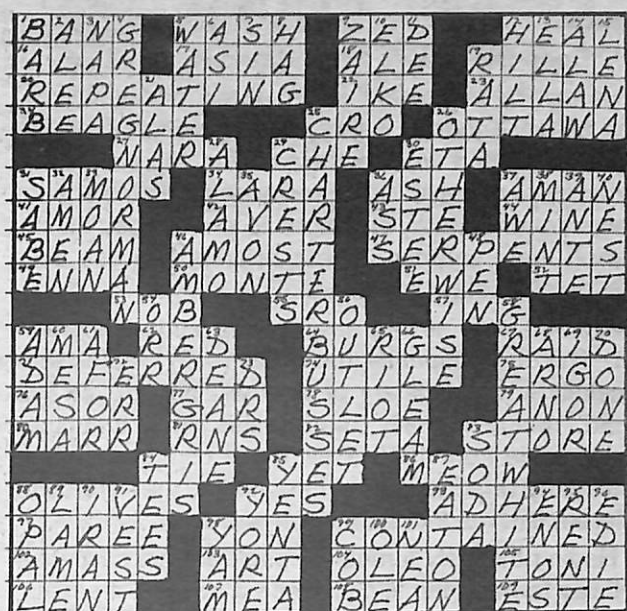
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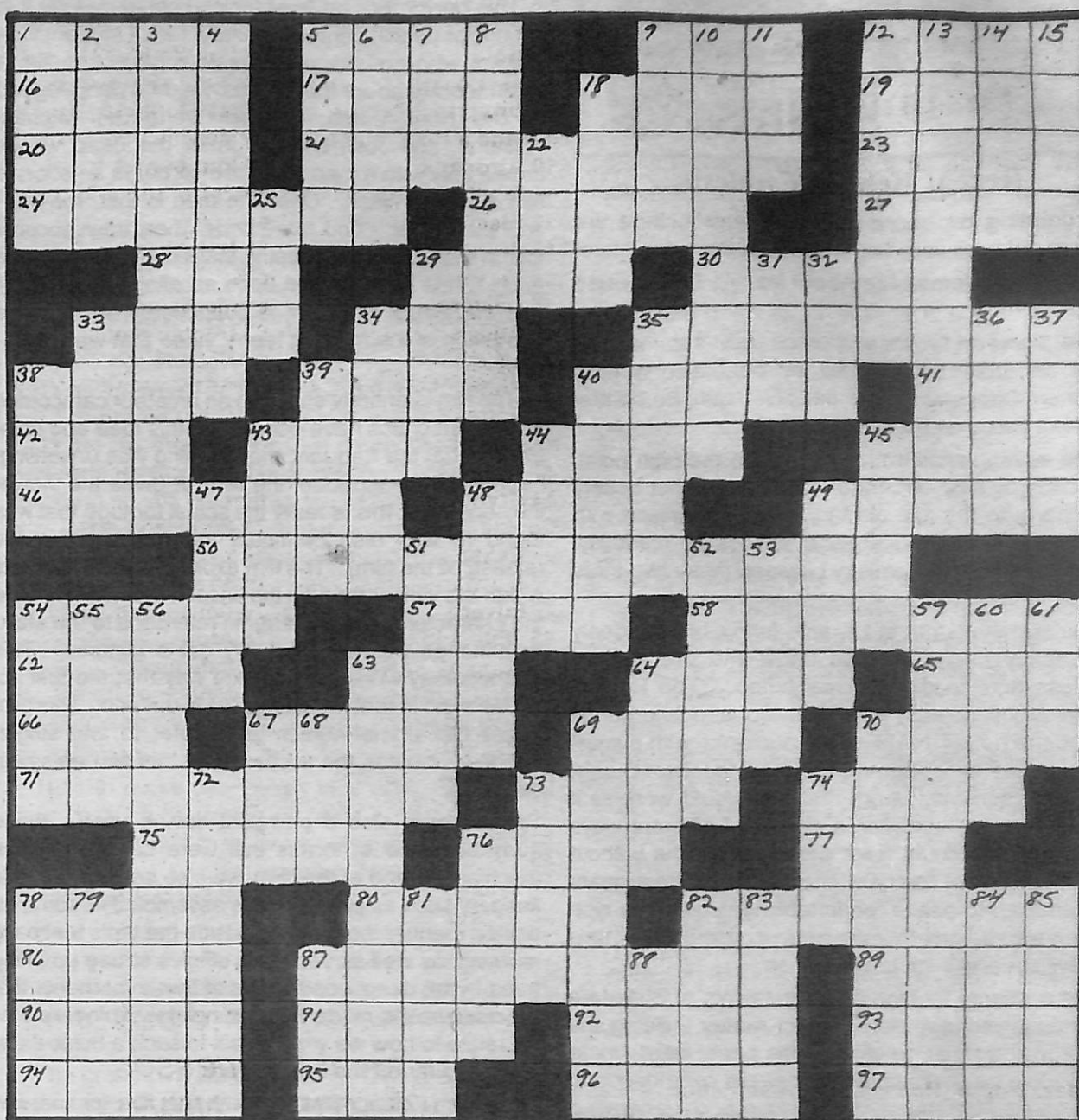


ACROSS

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90 Writer Gardner
91 Combining form for anise

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94 Comic Foxx
95 Mao _ Tung
96 Antique cars
97 Assistant (abbr.)

DOWN

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2 Region
3 James Bond film

SEE PUZZLE - Page 33



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Special Entertainment Features Coming To The Big E

Where can you go to see a lady on a trapeze, thrilling car stunts, those gentle giants called Clydesdales, and top notch chefs sharing cooking tips all in one day?

From September 15 - October 1, the answer to that question is The Big E. Now in its 79th year, New England's largest fair will be offering a wide variety of entertainment, including the following:

The Mardi Gras Night Parade, sponsored by Foxwoods Resort & Casino - The Big Easy meets The Big E when six authentic Mardi Gras floats take part in the Fair's first night parade.

Costumed revelers atop each of the illuminated floats will toss beads and doubloons into the crowd when the Parade makes its way around the entire fairgrounds at 8 p.m. on September 15.

Immediately following the Parade, the night sky will be lit by a dazzling fireworks display by Zambelli International. For the remainder of the Fair, the Parade will begin at 5 p.m.

The Big E Super Circus, sponsored by Coca-Cola - The hallmark of family fun, this spectacle is one of the most anticipated events at The Big E.

This year's performers include trapeze artist Elena Panova, bareback rider Nellie Hanneford, Cesar the clown, 10-year old aerial performer Roman Tomanov, the skating stunts of husband and wife team The Rolling Diamonds, and the ever-popular Woodcock Elephants.

The circus is free and show times are daily 1, 4, and 7 p.m.

Bedazzled, a Hanneford Presentation - Las Vegas comes to West Springfield with this show, which features dance routines, illusionists, comedy acts and more!

Be dazzled by this presentation of comedy and magic with a Latin beat. Show times are 11 a.m., 2, 4, & 8 p.m. at the Avenue ShowPlace, sponsored by Stop & Shop.

Charlie Belknap's Toyota Hollywood Stunt Show featuring Tim Chitwood and Tonny Petersen, sponsored by Wiper Check Windshields - This exciting display of high speed chases, narrow misses, and stunt driving will thrill kids of all ages.

Show times are 3:30 & 8 p.m. Monday through Friday with an additional 1 p.m. show on Saturdays and Sundays in the Outdoor Arena.

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* * *

*Please remember to patronize
your local businesses ...
ADVERTISER NEWS!!!*

Theater Project To Stage Musical About The Late Patsy Cline

The rich and resonant tones of singer Patsy Cline will be featured in the Theater Project's opening production of its 2000-2001 season, *Always...Patsy Cline*. The hit musical, which runs September 21st through October 22nd, will be staged at the Majestic Theater in West Springfield.

The true story focuses on the friendship between the singer and Louise Seger, who met at one of Cline's performances.

Danny Eaton, Producing Director of the Theater Project, has designed the production and will direct the play, and Mark Gionfriddo has been named musical director. Gretchen Cohen will stage manage.

Tickets for all shows are available by visiting or calling the Majestic Theater Box Office at (413) 747-7797. Walk-in box office hours are Tuesday/Thursday/Friday, 2-5 p.m.; Wednesday, 4-8 p.m., and Saturday, 10 a.m. - 1 p.m.

Agawam Cultural Council Offers Trip To NYC

The Agawam Cultural Council will sponsor a "plan your own" trip to New York City on Saturday, November 18th. Several stops will be made along Fifth Avenue for the convenience of those attending.

Tickets may be obtained by sending a check made out to the "Agawam Cultural Council." Please enclose a stamped, self-addressed envelope to the Agawam Cultural Council, 933 River Road, Agawam, MA 01001. The cost of the trip will be \$21.

For further information, call 786-1859.

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Education

Guidance Bulletin From Agawam High School

COLLEGE REPRESENTATIVES: If you are interested in meeting with any of the following college representatives, you must sign up at least a day in advance in the guidance office.

October 2nd: Bay Path College, 8:30; Mass. College of Liberal Arts, 9:30.

October 3rd: Mitchell College, 9:00.

October 4th: Navy ROTC, 9:00.

October 5th: College of St. Rose, 8:30; University of Rhode Island, 9:30; St. Joseph College, 10:15.

SCHOLARSHIPS: See your counselor for more information or an application.

Coca-Cola Scholars Program: Open to seniors in high school. This award is based on a number of factors, including each individual's character, personal merit, and background. Merit is demonstrated by the following: leadership in school, civic and other extracurricular activities, and academic achievement. Deadline: October 31, 2000.

The 2001 SAE Engineering Scholarships: Open to high school seniors who intend to pursue a degree in engineering or related sciences. Minimum requirements with regard to SAT scores and grade point averages must be met. Because there are several of these scholarships (all with different requirements), see your counselor for more information. Deadline: December 1, 2000.

Tomorrow's Teachers Scholarship Program: Open to a graduating high school senior who ranks in the top 25 percent of his/her class, who is a legal resident of Massachusetts, and who agrees to enroll in a four-year bachelor's degree program leading to teacher certification, is eligible to apply. Recipients must agree to teach for four years in a Massachusetts public school after college.

The following colleges are offering scholarships to qualified students who enroll there: **Skidmore College Filene Scholarships, Washington University in St. Louis.**

OPEN HOUSES: See your counselor for more information.

American International College - Sunday, October 29th, 11:00 a.m.

Smith College - October 2nd or November 10th, 8:30 to 5:00.

University of Pennsylvania - Sunday, September 17th, 1:30 at The Rivers School in Weston, MA.

You turn our pages for all the local news, each and every week. ... AAN!!!

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BACK TO SCHOOL SAVINGS

Message To Parents...
Is your child joining a band this year? If so, we can **SAVE YOU MONEY!**

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Support Staff At Robinson Park School



ON THE FIRST DAY OF SCHOOL last Tuesday (September 5th), members of the support staff at Robinson Park Elementary School (from left to right) were glad to greet the returning children: Judy Martin, Denise Lynch, Enes Marini, Phyllis Settembro, and Whitney Brust. Advertiser News photo by Kathy Shepard.

IEP Informational Meeting At AHS On Tuesday, Oct. 3rd

Michael Ponti, Director of Special Services, has announced that the Agawam School District will offer an informational session to help provide you with a better understanding of IEP 2000. The meeting will take place on Tuesday, October 3rd, from 6:30 to 8:30 p.m. at the Agawam High School cafeteria.

This training will offer an overview of the new document and an opportunity to discuss its components. We hope that you can attend this training session and look forward to working cooperatively on behalf of your children.

- ADVERTISER NEWS -

Back-To-School Night At AHS On September 21st

Agawam High School's back-to-school night is on Thursday, September 21st, from 7:00 to 9:00 p.m.

A presentation will take place in the cafeteria and will be followed by classroom visitations.

All parents or guardians are urged to attend. Those attending are to bring a copy of their child's schedule.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation in this matter...

THIS WEEKEND!

Friday, Sept. 15



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3 p.m.

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Saturday, Sept. 16



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Velasquez
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All Shows & Exhibits
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Sunday, Sept. 17



Destiny's Child
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Ronald Goulet Of Feeding Hills Named To WNEC's Board Of Trustees

Ronald Goulet of Feeding Hills has been named to the Board of Trustees at Western New England College.

Dr. Anthony Caprio, president of Western New England College, announced the appointment, which the Board of Trustees approved during its June meeting.

Goulet ('67) is chairman and CEO of PRN Corporation, a sales and marketing company doing business throughout the United States and Canada.

Among the company's list of customers are such firms as Cannondale, Conrail, Milton Bradley, Danaher Tool Group, Prestone, LEGO Systems, Inc., Polaroid, ABB, Stanley, L.L. Bean, and Spalding Sports Worldwide.

Previously, Goulet served as director of operations for Danaher Tool Group, a large hand tool manufacturing company which serviced such clients as Sears Roebuck & Company and Mac Tools. He also served as materials manager for Easco Hand Tools, another large hand tool manufacturing company which included Sears Roebuck & Company, Proto, and Easco Mark among its clients. Formerly a distribution manager for Moore Drop Forging Company, Goulet has also worked for BayBank.

At Western New England College, he has been active in the Alumni Association as a member of the Executive Committee, member of the National Alumni Strategic Planning Committee, member of the Alumni-Admissions Advisory Committee, the president of Pi Tau Kappa, and member of the Board of Governors. In addition, he is a member of the Springfield Chamber of Commerce, the Lions Club of Hampden, and the Kiwanis Club of Springfield.

Ron's sons, Jeffrey ('88) and Gary ('91), are also graduates of Western New England College. His father, Alfred Goulet, has taught in the Real Estate Certificate Program at the College.

Goulet is one of three new members of the College's Board of Trustees. Joining him are Attorney Frank P. Fitzgerald of Wilbraham, and Ryan Courtemanche of West Springfield.

Western New England College is a private, independent, coeducational institution founded in 1919. Located on an attractive 215-acre suburban campus in Springfield, MA, the College serves 5,100 students on its main campus and at 20 sites throughout the Commonwealth. Undergraduate and graduate programs are offered through the College's Schools of Arts and Sciences, Business, Engineering, and Law.

Agawam Schools' Weekly Lunch Menu

Monday, September 18th: Steamed frankfurt in roll, Boston baked beans, potato rounds w/catsup, chilled fruit cup, milk.

Tuesday, September 19th: Oven-baked chicken nuggets w/honey or dipping sauce, steamed rice, sugar-glazed carrots, pineapple tidbits, milk.

Wednesday, September 20th: Spaghetti w/meatsauce, Italian bread and butter, seasoned broccoli cuts, orange Jello w/topping or chilled peaches, milk.

Thursday, September 21st: Deli-sliced turkey in roll, lettuce and tomato garnish, macaroni salad, fresh Mac apple or chocolate pudding w/topping, milk.

Friday, September 22nd: Tuna salad sandwich in roll, oven french fries, niblet corn, chocolate brownie, milk.

Note: Lunch prices will remain the same as last year. Elementary, \$1.20; Middle School, \$1.30; Junior and Senior High, \$1.50. A la carte milk will be 35 cents. Kindergarten milk and snack per week: \$2.00. Tickets will be sold on Mondays in all elementary schools. Checks will be accepted, may payable to the Agawam School Lunch Program.

If you visit the Advertiser News' new office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance. Thank you...



TOWN of AGAWAM
SISTER CITY COMMISSION

20 days.

The Town of Agawam Sister City

Commission is planning a cocktail reception fundraiser to help defray costs while the delegation from our Sister City Reggio Calabria is in town. Please contact Sister City Commissioner John O'Brien at 786-7438 for tickets.

Cocktail Reception Fundraiser

Thursday, September 28, 2000
7:30 PM - 9:30 PM

THE OAKS BANQUET HOUSE
Suffield Street, Agawam

\$20 donation to benefit

Six days of Reggio
October 4-9, 2000



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SEPT. 15 -
OCT. 1

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CALL 1-877-4-SIX FLAGS OR 413-786-9300 (LOCAL) TO VERIFY DATES AND HOURS.

Oktoberfest hours are Fridays 5-10, Saturdays 10-10 and Sundays 10-9.

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Fall Courses For Agawam Adult Education

Alan R. Cohen, director of the Agawam Adult Education Program, has announced that registration for the fall semester of the Agawam Adult Education Program will be held during the first week of classes on Monday, September 18th, and Wednesday, September 20th, from 6:00 p.m. to 7:00 p.m. in the Agawam High School Guidance Office, 760 Cooper Street, Agawam.

Classes will begin on Monday, September 18th, and run for 10 weeks (ending on November 29, 2000).

The tuition charge is \$80 per course and is payable at the time of registration. Checks can be made payable to "Agawam Adult Education." No refunds will be given after the second class meeting. Tuition will be refunded if there are an insufficient number of students registered for a course(s). The administration reserves the right to cancel course(s) for lack of registration.

Those persons interested in working toward a high school diploma should bring with them an official transcript of any course work completed since ninth grade.

The following is a list of courses and the nights they are being offered this semester:

Monday classes: English 11, English 12, General Science, World History, Geometry, Algebra I, Algebra II, EXCELL, PowerPoint, SAT Prep Course, and Candy Making.

Wednesday classes: English 9, English 10, U.S. History, Chemistry, General Math, Computer Concepts, Microsoft Word I, Oil Painting, SAT Prep.

For further information about the Agawam Adult Education Program, please call 821-0519 or 821-0527.

Western New England College To Host College Fair

Western New England College will be hosting a College Fair on Wednesday, September 20th from 7:00 - 9:00 p.m. at the Alumni Healthful Living Center on campus.

Representatives from over 230 colleges and universities will be available to speak with local high school students and their parents about their respective institution and the admission process.

Juniors and seniors in high school are strongly encouraged to attend.

For further information, contact Barbara Campanella at 413-782-1630 (office) or Stephen Roulier at 413-782-1520.

Sept. 16th Tag Sale To Benefit AHS Band & Colorguard

A tag sale to benefit the Agawam High School Band and Colorguard will be held this Saturday, September 16th, from 9:00 a.m. to 4:00 p.m. at Veterans' Green at Phelps School, Main Street, Agawam.

Donations will be accepted on the day of the tag sale. Please drop off your items by 9:00 a.m.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!

Fourth Annual AHS Cheerleader Golf Tournament Slated For Saturday, October 7th

The Agawam High cheerleaders will be holding their Fourth Annual Cheerleader Golf Tournament on Saturday, October 7th at the Oak Ridge Golf Club on 850 South Westfield Street in Feeding Hills.

The cost of this golf tournament is \$60 per person which will include scramble format, 18 holes of golf, cart, prizes, and a cookout immediately after the golf match.

The individual who scores a hole-in-one will win a

complete, new set of golf clubs. Also, you can try your luck in the longest drive contest or the closest to the pin!

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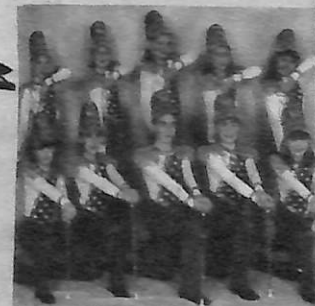


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From The AHS Guidance Office...

by Judy Cohen
Agawam High School
Guidance Counselor

Welcome To The School Year 2000-2001...

Yes, on September 5, 2000, the doors of Agawam High opened wide and the cacophony of noise emanating from the many students rushing to get their schedules and then find their rooms could be heard resounding down the corridors. Confusion, delight, dismay, fear, excitement ... so many emotions were apparent. Old friends embraced, new students looked worried, and the ninth-graders (for the most part) wore looks of expectation and wonderment.

New rooms were entered, new faces were greeted, and new teachers were seen. Some students were ecstatic with their schedules; others were clearly dismayed and made a beeline for the guidance office, where we tried to allay fears. "Give it a chance; don't become turned off right away; hang in there; you'll be able to do it..." could be heard coming from each counselor's mouth.

Some went away convinced; some shrugged; others were clearly upset. But believe it or not, now that a week has passed, most have settled in and even a few have re-entered my portals to tell me, "Hey, this class that I was worried about? You know, it's not bad.

Actually, it's kind of interesting!" Smiling to myself, I think, "Another crisis averted."

You know, it's hard coming back to school after relaxing during the summer. It's like going 20 MPH and now, all of a sudden, you're doing 55 MPH! There really is no in-between, and I think that's what makes it so difficult when school resumes. Also, there are new faces, new courses, new rules, new regulations ... so much to absorb. It is a confusing, frantic, and hectic time for many.

As parents, you be the ones to keep your cool. Listen to your children. Help them deal with their feelings of anxiety. Remind them that school has just started and it takes a while to get into the swing of things. If they are not inclined to share, probe a little to get them talking. Ask them about their day. Share with them how you felt when you entered school each fall or how you felt in a new situation. Be patient; be understanding. Try to help them come up with solutions for their seemingly insurmountable problems.

Remember, the staff at school is ready to help with your concerns. Our doors are open, our phones are available, and we welcome your inquiries and ideas. Do share with us information about your children. Perhaps there is a problem at home. If we know this, we will be better able to understand your children and deal appropriately with situations as they arise. We care, but we are not mind readers and need to be informed.

At home, besides listening and suggesting, do make certain that you help your children become organized. Consider the following:

1. Do they have a desk with proper lighting, pencils, paper, etc.?
2. Do they have an assignment notebook?
3. Do they have a regular time set aside for studying?
4. Do they have a dictionary?
5. Do they have a quiet place to study?
6. Do they talk on the phone, listen to the radio, or have other diversions while they should be studying?
7. Do they arrange their assignments so that they complete the more difficult ones first?
8. Do they plan their time accordingly, so that they are not tackling their homework when they are exhausted?
9. Do they leave some time for leisure?
10. Do they feel comfortable asking you for help and having you quiz them?
11. Do they stay after school when they don't understand the material?

By your questions and interest, your children will see that you care and that you feel school is important. Do plan to come to the Open House and meet their teachers. Introduce yourselves. Become a face, not just a name. When your children see that you care, they will take their lead from you and realize that an education is important. By keeping the lines of communication open, they will know that someone is there for them to help sort out their issues.

Yes, let's have the staff, the children, and the parents work together to make the 2000-2001 school year a positive and productive experience.

Low-Fat Lunch Ideas For Back To School Season

With a new school year upon us, many parents are searching for new and easy ways to keep their child's lunch fun and nutritious. Parents struggle when making school lunches because they find their children are not eating the lunch they have been made.

Paige Allen, a pediatric registered dietitian at Baystate Medical Center, offers a creative solution to the everyday problem.

"Allow your child to assist in the process," says Allen. "This is one way that will give your children a little more control, while still bringing a healthy, well-bal-

anced meal to school."

Instead of the usual bread, use pita bread, bagels, English muffins, or tortillas for wraps. And, when using bread, try different whole grain varieties that help add a little fiber to the meal.

Make sure to use low-fat or fat-free mayo if making tuna salad. You may also want to try mixing the tuna with olive oil, fresh squeezed lemon juice, and black pepper.

Snack foods and desserts are another area for concern when packing your child's school lunch. If potato

chips are a must, try baked potato chips or tortilla chips and salsa.

Contrary to some reports, milk is an excellent source of calcium, as well as other nutrients, that is tolerated by the majority of children and adults, Allen said.

"Remember, healthy eating is only part of your child's total physical and mental well-being. Make time to get them off the couch to exercise. It's good for your child and the entire family," she concluded.

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Programs At Agawam Library

SEMINAR FOR PARENTS

The Agawam Public Library will be holding a seminar for parents on "How to Help Your Child Excel in School" on Thursday, September 21st, from 7:00 - 9:00 p.m. in the community room.

Arvind Karnick, an instructor at Springfield Technical Community College, a private tutor, and a volunteer tutor at Project Safe on Bay Street, will share with parents ways to help their child succeed academically, and on the MCAS tests.

The program is free and open to the public. Please register at the library, or call 789-1550.

"MISS SPIDER'S TEA PARTY"

The Agawam Public Library will be holding a kids' program called "Miss Spider's Tea Party" on Saturday, September 23rd, from 2:00 - 3:00 p.m.

Preschoolers and their families are invited to a storybook tea party inspired by David Kirk's "Miss Spider" books. Stories and refreshments will be served.

Please pre-register in person or by phone at 789-1550 by Friday, September 22nd.

"COCKA DOODLE-MOO"

On Monday, September 25th, the Agawam Public Library will be holding a kids' program called "Cocka Doodle-Moo" at 6:30 p.m. until 7:15 p.m.

Stories and activities, with plenty of action, will highlight this imaginary trip to a farm. Snacks will round out the rural atmosphere.

Preschoolers and their families can register until Friday, September 22nd, in person or by phone at 789-1550.

HARRY POTTER CLUB MEETING

The Agawam Public Library will be the meeting place for the Harry Potter Club on Tuesday, September 26th, from 6:30 p.m. to 8:00 p.m.

Kids who have independently read at least one of the Harry Potter books are eligible to join the club.

Call 789-1550 or register in person by September 25th.

PRESCHOOL PROGRAM LINE-UP

The Agawam Public Library staff is now taking registrations for morning preschool programs, and the sessions will begin on the following dates:

* Monday, October 2nd, from 10:00 - 12:00 noon: Toddler Playtime for ages 18 to 30 months (no older siblings, please).

* Tuesday, Wednesday, and Thursday, October 3rd, 4th, and 5th, from 10:00 to 10:30 a.m.: Family Preschool Story/Craft program for ages 2-1/2 to five years of age. Funtime with library toys follows from 10:30 to 11:30 a.m. Parents may choose one of these three days to attend, and weekly sessions will continue through the end of the month.

Registration is necessary for all of the programs. To preregister, call the library at 789-1550 or sign up in person.

Volunteering At Kamp For Kids...



ELEVEN BOYS FROM BOY SCOUT TROOP #82 (Agawam Congregational Church) devoted some of their time during the summer to volunteer at Kamp For Kids, a local day camp for children with a wide variety of abilities and disabilities. Throughout the summer, these scouts participated in various activities to earn their Handicap Awareness Merit Badge. Front row: Alex Shibley, Richard Rozanski, Patrick Vaughn, Kendrick O'Connor, Joshua Illicky, and Philip Mokrzycki. Back row: Corey O'Connor, Ryan Griffin, Andrew Jensen, Josh Miranda, and Erik Jensen.

If you have dropped off any photos to our office for Boy Scout activities, church events, etc., please pick them up after they appear in The AAN...

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Sports

AHS Football Team Bows In Opener...

"Tad-Dad Bowl II" Goes To Chicopee Comp

by Dave Rollins
Sports Editor

Agawam High's 14-9 football loss to Chicopee Comp last Friday evening (September 8th) at Harmon Smith Field wasn't one the Brownies would want to put in their scrapbook. Though Agawam didn't play all that badly, Comp just played a little better before one of the largest opening-night crowds in years on a truly sultry September night.

Second-year Agawam Coach Tad Desautels was up against his dad, Wally. Last year, in their first meeting, Agawam won 22-14.

This time around, Wally added some new wrinkles to his offense - two very good quarterbacks with unique skills of their own (Tony Couture and Jeremy Shlosser). One is a passer, the other a runner.

Couture got the first call and it came after Agawam got the ball to start things off.

Brian Michael brought the opening kickoff back to the Brownies' 32-yard line. Sophomore quarterback Joe Clark started things off with a pitch to junior running back Vitaly Dzhenzherukha. Dzhenzherukha gained three, then zip on his next carry. Dzhenzherukha had a nice cut-out off left tackle on his third opportunity. It would have gone for 12 yards to the Agawam 47, but a penalty brought it back.

Clark looked to the running back again, this time in a receiver's role on third and seven. He hit him in the right flat and it was looking like a 14-yard Agawam gain. But a fumble saw the Colts come up with the ball at their 48-yard line.

They then drove 52 yards in nine plays for their first score. The whole thing took just over three minutes and was highlighted by a 16-yard run around left end by Shlosser and the 11-yard TD run by Couture. The extra point made it 7-0, Comp.

Agawam took the kickoff and got it back to its own 30. Behind some good running by upback Tony Liquori as well as Dzhenzherukha (and some primo blocking by Isidro Aguinaga, Shawn Poirier, and Brian Pedersen), Agawam marched it to the Comp 11 as the horn wailed, ending the quarter.

The Next 12 Minutes...

Agawam had fourth and one to open the next 12 minutes. Dzhenzherukha got it by a skinny one yard. They then got flagged for too much time, and it brought up a second and 15 at the Comp 15. Clark's pass was incomplete. Liquori gained five on third and goal.

On fourth and goal, Clark dropped back and saw Dzhenzherukha on a corner out of the backfield. He lofted a textbook pass and the junior snagged it on the run. Unfortunately, he was a yard short of paydirt. Comp took over on its one-yard line.

Agawam got some redemption on Comp's first play from scrimmage, as the visitors were boxed and locked near their own goal line.

Agawam sophomore linebacker Mike Locke knifed through a blown Comp blocking assignment and nailed running back Justin Whittington for a safety to cut the lead to 7-2.

Agawam took the ensuing punt but could do nothing. Comp looked too good to be true on its next drive. They had the ball on their own 15 with 5:55 left in the half. In four plays, they had it to their 47 and a third and one. Couture faded, looked, and hit split end Mike Wilson in stride. He had the Brownie "D" backs snookered and it looked to be a 53-yard score. But a holding penalty brought it back. Comp didn't let that little setback get them down.

Shlosser gained seven on a baby bootleg. Couture picked up 11 more on a sneak around the left side. Comp was at the Agawam 26-yard line with 1:29 left. Couture, on first and 10, took the snap, headed left, cut to the fifth hole, and saw traffic. He cut back to the right, evaded two tacklers, and looked to run it in. The Comp coaches must have been lining up on the sideline for their dose of Valium, as a Colt push saw that score called back as well on another penalty. Agawam took the punt and basically could do little. The half ended, 7-2, Colts.

Comp got the ball to start the third quarter. Despite some good defense by Curtis Miarecki (who is turning out to be a big hitter), Aguinaga, and Frank Ferrentino, Comp was able to move the ball from its 40 to the Agawam 13-yard line, where they faced a fourth and one situation. That didn't bother Wally Desautels. He had Tad's pass defense all lined up. Shlosser, at quarterback in this particular series, scrambled a bit and launched. It was a pretty play that saw Mike Wilson break free of the coverage just in time to grab the TD pass and (with the extra point) a 14-2, Comp lead.

Agawam wasn't going to roll over in this one. Senior Lou Conte pounced on the kickoff at Agawam's 31. Their drive, highlighted by pass completions from Clark to Tirone (15 yards) and Conte (16 yards), plus 11 yards on three carries by Liquori, and eight more on a gain by Dzhenzherukha, saw them camped out on the Colt 13. Dzhenzherukha got the call and - behind some macho left-side blocking up front - went 13 yards for the TD. That would close down the scoring for the rest of the night.

The Brownies' Last Chance...

After a big Comp effort that ended with a dropped pass (compliments of some great "D" by Brian Micheal and Nick Beaudette) at the Brownie 42, Agawam had one last chance. There were three minutes and change on the clock. Clark needed to put it up. Despite a pass interference call, zero of four went incomplete. Clark, who is just a sophomore, got his baptism of fire at the end. He has to learn, and he's a good athlete. He was hounded by a final full-bore Colt blitz that called for rollouts.

He gained 20 on a roll right with 34 seconds left to give the screaming faithful some hope. With fourth and six to go at the Comp 16 (and 17 seconds on the clock), he had his final pass of the game batted away near the goal line as the Comp pass rush was in Clark's face once again.

Agawam will play Central High this Friday night (September 15th) at Harmon Smith Field. The Golden Eagles, who beat Agawam 54-8 at their place last season, are coming off a 35-8 loss to Eastern Mass. power Brockton High School at Rocky Marciano Stadium. The Golden Eagles have been a proven football power in these parts since the early- to mid-1990's.



BATTLING ON THE GRIDIRON FOR THE BROWNIES: Linebacker Phil Sampson (left) and tailback Vitaly Dzhenzherukha (right). Advertiser News photos by Dave Rollins.

Piranhas Swim Team Slates Car Wash For September 16th

There will be a fundraiser car wash on Saturday, September 16th, at Taylor Transmission on Springfield Street for the Agawam Piranhas swim team.

All are welcome. Bring your dirty cars, and drive away clean!

All youths ages 5-18 are welcome to stop by and find out more about the Piranhas swim team.

The Piranhas would also like to extend a thank you to all who participated in our summer season. Great job to all the swimmers! A special thank you to our corporate sponsors - Malone Landscaping, Taylor Transmission, and Energy Star Homes (a division of Western Mass. Electric) - for their generous contributions to the team.

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Minnechaug Volleyball Cruises Past Agawam High In Straight Games

by Dave Rollins
Sport Editor

One of the best girls' volleyball teams came calling up at Agawam High on Monday afternoon (September 11th) - Minnechaug Regional. The Falcons went home with a 15-5, 15-8 win.

AHS Coach Pat Demers started Ashley Marek, Kerri Merriam, and captain Erin Corbin on the front line. They were backed up by Lissa Asta-Ferrero, captain Kara Barnes, and captain Amanda Brown.

The Falcons started out with a 5-0 lead before Merriam served up the Brownies' first point. It was set up by an outstanding defensive dig by Katie Ludwig.

Brown, Barnes, and Asta-Ferrero (behind some more good defense on the part of Corbin) saw the score, 7-5, Minnechaug. But then, some bad luck, net balls, and plain old good play by the Falcons saw

things go south for Agawam.

Down one game to none, Demers started Merriam, Kristen Midura, and Marek up front. They were backed up by Corbin, Elizabeth Gottardi, and Brown. Agawam went up, 2-0, mostly on some good blocks at the net by Gottardi and Merriam.

Then things turned sour again for the Brownies. Some defensive confusion, serve-outs, and out-of-bound returns saw Agawam go down, 11-6.

AHS tried to get back on the service games of Barnes and Lindsay Jerserski, but could only get a point. A good set-up for a spike and another kill sealed the second-game win for the visitors.

Agawam fell to 1-1.

Final Sign-Ups For Suburban/C.Y.O. Basketball

Final sign-ups for Suburban/C.Y.O. Basketball will be held on Friday, September 22nd, from 6:00 to 8:00 p.m. at the Agawam Junior High School.

Registration is for fifth- and sixth-grade boys; fifth- and sixth-grade girls; seventh- and eighth-grade boys;

and seventh- and eighth-grade girls.

No fees will be collected at sign-ups. Tryouts dates/times will be announced.

For further information, contact Fred Perry, 786-7914, or Dave Boisvert, 786-0783.

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Varsity Field Hockey...

AHS Goes To 2-1 After Loss To Southwick

by Dave Rollins
Sports Editor

Agawam High field hockey, through a rigorous off-season training program, seemed to see all the work paying off. In their two games (both wins), they scored seven goals - almost as many as they tallied in the 1999 season.

However, they traveled to Southwick High on Tuesday afternoon (September 12th) for a meeting with the Rams and came away on the very short end of a 6-0 score.

Southwick is the Southern Division champion, the two-time Western Mass. Division I champion, and the 1999 State runner-up. They are truly a perennial state power in this sport.

Agawam always measures its season by how it does against this traditional rival down Route 57 west.

The Rams, who carry three boys on their team, led 3-0 at the half. Indeed, the guys got two of the scores. Their keeper is one of the best in the business - senior Joe Rogers, who got the shutout with four saves. Nik Savva (two goals) is an All-Western Mass. selection, as is Rogers.

There is a little bone of contention about boys on field hockey teams. But it must be dismissed. If they don't have a fall sport to play during that season, they can pick their sport. Southwick, for many reasons, has always been strong and that is one of them. Coach Sue Pelligrinelli's gain should perhaps be recognized by other field hockey coaches. The unfortunate thing is, not many schools have such a prestigious field hockey program as Southwick does, so the boys don't always take notice.

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Varsity Girls' Soccer...

Big Second Half Carries Cathedral Over The Brownies, 4-0

by Dave Rollins
Sports Editor

The Agawam High girls' soccer team lost its second game in a row to another Western Mass. power, Cathedral, 4-0, at Harmon Smith Field on Tuesday afternoon (September 12th). That setback came after an opening-day, 4-0 beating by Ludlow.

The Panthers were the runners-up to the Lions last year in the Western Mass. Division I playoffs. If you are going to get a new season in gear, playing the iron is where you might as well go.

However, unlike Ludlow, the Brownies' defense was not under pressure at all times. They gave up two righteous scores. The other two should never have happened. More on that later.

It's the Brownies' offense that needs some help. They came out and took it to the Panthers early, occupying the visitors' zone for almost five minutes. Maybe because nothing came from their efforts, they drew back.

Agawam keeper Laura Bucalo (who deserved better) made a nice stop on a Panther semi-breakaway at 34:17. Agawam's defense, behind Desiree Marsili and Becca Nacewicz, seemed up to the task until 11 minutes had ticked off the clock. Then, All-Western Mass. forward Michelle Jette (three goals in this one) drove a shot from 40 feet out on the right wing into the left corner of Agawam's net to put the Panthers up, 1-0.

Agawam came back. Midfielder Jenna Shea, with seniors Jen Leupo and Amy Jensen flanking her, put some pressure on the Cathedral net. That effort inspired seniors Courtney Adamczyk and Jill Gendron. Shea took a dish from Gendron on the right wing and had an open left corner. However, her shot from the center box was just wide left at the 11:50 mark.

An Agawam Threat...

A good effort by striker Angelina Cortese and

Leupo saw Agawam threatening with 2:10 left. The Brownies were involved in a melee 20 feet in front of the Panthers' net with 1:10 to play in the half. Jensen had the shot to any part of the goal since Cathedral keeper Shannon Donnelly had come into the crease and, thus, into the fray in an attempt to make the save. Jensen's shot was blocked by one of the defenders as it was heading into the net.

Also, Nacewicz lofted a long, lofting shot from 40 yards out that seemed to be heading into the net, but the ball bounced over the crossbar and out of harm's way. "Unlucky" is a way to describe this bit of frustration.

The half ended, 1-0, Cathedral. Agawam had three first-half shots on goal. The Panthers came away with five.

Agawam tried some pressure with Gendron to start the second half, but there was no general push upfield (which is becoming a habit for the Brownies). So it was back on defense for the rest of the half, which was led by Amanda Merola, Nacewicz, and Marsili. Along with them, Amanda Blair was marking well.

Despite their efforts, Agawam gave up a cheap goal with 6:01 gone. The Cathedral offense penetrated to the right baseline. A flip out front to an unguarded Jette saw Cathedral go up, 2-0.

Cathedral would score again at the 22:52 mark when they got behind the Agawam defense.

With 16:40 to go, the visitors were dominating. Coach Laura Wray-Ramos replaced Bucalo with sophomore keeper Vicky Taylor. She had one excellent save on a semi-break with 3:25 left, but got burned on a blown rebound (no one was there to clear for her) with 1:30 to go, which put Cathedral up, 4-0.

Cathedral had seven second-half shots on goal for a total of 12. Agawam had none for a total of three.

Bass Tournament Sponsored By Friends Of Swk. Library

Southwick: The Friends of the Southwick Public Library are sponsoring their fifth annual "Fish for Friends" benefit bass tournament on Sunday, October 15th, at the North Ramp (near Louie B's Restaurant) on Congamond Lakes.

Registration is from 6:30 to 7:15 a.m. The entry fee is \$60 per team (**cash only at site**). There will be a 50-percent payback and a 50-percent donation to the F.S.P.L. Other prizes will be awarded.

For further information, please call Al, (413) 569-3193; Bill, (413) 569-6778; or Ray, (413) 569-6520.

* * *

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AHS Track Open For Fall Walking

The Agawam High School track is now open (weather permitting) for walking and jogging on the following days:

Monday through Thursday, 6:00-8:00 p.m.;
Saturday, 7:30-9:30 a.m.

The track will be open for walkers and joggers during the above hours throughout the early fall. Strollers are permitted on the track.

No one will be allowed on the infield or in the bleachers during these times.

For more information, please call the Parks and Recreation Office at 821-0514.

Golf Tip Of The Week...

by Eric Nelson, PGA
Head Golf Professional
Oak Ridge Golf Club
Feeding Hills, MA



Divot Education...

You can tell quite a lot from the divot (turf dug up by your club at impact). Here's a primer:

*** The Fat Divot.** The fat divot begins an inch or so behind the ball. You probably swayed too far to the right on your backswing and didn't get your weight back over to the left on the downswing.

Or, perhaps, you tried to hit the ball too hard and lowered your right shoulder as you began your downswing. Either way, your ball probably hasn't traveled very far.

*** The Divot That Points To The Right.** If you divot hole "points" right of your target after you've hit, you're swinging from the inside to the outside at impact and have probably hooked the ball.

You're perhaps addressing the ball with a closed stance or swinging on too flat a plane.

*** The Divot That Points To The Left.** The opposite of the above. Now you're swinging from outside to in, and you've probably sliced the ball. Check your address position.

If the fault isn't there, it's likely that you're swinging with your hands and arms and pulling the club across the ball instead of allowing your lower body to lead the swing along the target line.

*** No Divot At All.** Unless you're hitting from a tee or putting, you're not hitting down and through. As the idea is to let the grooves of the club and the aerodynamics of the dimpled ball get the ball airborne, you *should* take a divot (and replace it when you've hit).

It could be that you're raising your body as you swing back, or perhaps your ball position is too far to the left. You can cure the former by concentrating on turning your shoulders as you swing back, and solve the latter by moving the ball to the right at address.

How far to the right? Simple: until you start taking divots that begin right behind the ball.

* * *

*Our deadline is each
Tuesday at 12:00 noon;
however, we appreciate any
articles, press releases,
letters, etc., that can be
brought in on Mondays.
Thank you for your coop-
eration in this matter...*

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Agawam Youth Football Association Begins Its 2000 Season

SENIOR GREEN

The opening game for the Agawam Youth Senior Green team was a victory over Westfield by the score of 22-0.

Three great touchdowns were made during the game. The first touchdown of the season was made by Justin Howe, the second was made by Jordan Buiso, and the third by Joe Greaney.

They were all possible by being led by the fantastic offensive line which consisted of Tom Ramah, Jonathan Simone, Anthony Sotolotto, Geno Santaniello, Mike Longhi, Jim Yelnick, Nick Demetrian, and Shaun Cummings. Also having great offensive plays was fullback Derek Myers.

The defense stayed tight during the game, never giving Westfield the chance to score. The defense was led by Chris Scuderi, Mike Santos, Dale Hope, John Delucchi, Justin Stevens, and Jim Lewin. Nicholas Alvanos made a great 40-yard punt return as well.

On Sunday, September 17th, the Senior Green will play at home against Belchertown at Memorial Field behind Phelps School.

We would also like to thank all the fans for their great support.

SENIOR BLUE

On Sunday, September 10th, the Agawam Senior Warriors opened the 2000 season with a hard-fought win over the Northampton Blue Devils.

The game was played at Memorial Field on School Street.

The Blue Devils, as always, fielded a very big team. The line averaged 250 pounds per man, outweighing the Warriors by as much as 100 pounds.

The smaller, faster Warriors gave the Blue Devils everything they could handle on a very hot day.

The Warriors struck first by using a strong running game and capped the drive with a 20-yard pass from Wakelee to Modzanowski. FB Mike Toto, TB John Gibbons, and WB Kurt Schebel also shared the running load.

Northampton scored before the half on a busted coverage play in the Warrior secondary, taking the lead 8-6.

The Warriors received the ball to start the second half and moved down to the Blue Devils' 20-yard line but came up empty, while Northampton took over on downs.

The Warrior defense took charge and pushed the Blue Devil offense back to the two-yard line. Ryan

McLane, Alex Ellsworth, and Erik DeLeifde all smashed through the Blue Devil offensive line, and McLane tackled the ball carrier for a safety, thus tying the score at 8-8.

Northampton had to do a free kick, which was fielded by Schebel and returned to the 50-yard line.

The Warrior offensive line - T Sean Johnson, G Anthony Bailey, C Zack Bussiere, G Jeff Walker, and T Tom DeCosmo - took charge and opened huge holes for the backs to run through. Agawam took the ball to the 14-yard line and with Northampton keying on Toto, the Warriors crossed them up with a tight end delay (Wakelee) to a wide open Modzanowski for the score.

With 1:15 left, Northampton got the ball back. Defensive Coach Tony Toto unleashed the dogs, who smothered the Blue Devil offense. Tom DeCosmo batted down a pass, and to seal the Warrior victory Kurt Schebel intercepted the ball and his slick, side-to-side running ran out the clock.

Defensive standouts were Ryan Pellerin and Joe McDyer at the safety position. Also coming into play were the Warriors' special team players: Mike Theriault, Nick Lovotti, Chris Keeley, Keith Barrington, Joe McGeoghan, and Alex Gohn. Quarterback Andrew Wakelee had a strong performance, throwing the ball nine for 10 for 120 yards, and one interception. He also ran for 45 yards. Mike Toto carried for 115 yards and 60 yards receiving. John Gibbons had 70 yards rushing, and Kurt Schebel had 45 yards.

The Warriors next face Wilbraham on Sunday, September 17th, on the road, and their next home game is Sunday, September 24th, against Longmeadow.

JUNIOR GREEN

On the opening day of their season, the Agawam Warriors experienced a heartbreaking loss, 24-20, against the Westfield Patriots.

The Warriors played an outstanding game. Unfortunately, Westfield scored on a left-end quarterback keeper with 68 seconds left.

The Warrior offensive line, led by Patrick McKeever, dominated Westfield. The offensive rushing yards totaled 233.

SEE YOUTH FOOTBALL - Page 43

Watch Out, Tiger!!!



LAST MONTH, a Junior Golf Tournament was held at the Agawam Municipal Golf Course. Joe Meagher (left), was the winner of the 11-13 age group, and Zachary Yacteen (right) was the victor of the 10-and-under competitors. Advertiser News photo by Kathy Shepard.

* * *

If you have dropped off any photos to our office for Boy Scout activities, church events, etc., please pick them up after they appear in The AAN...

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YOUTH FOOTBALL - from Page 42

Outstanding offensive play was turned in by Rashad Wright, 75 yards rushing and one touchdown; Jake Ferretti, 21 yards rushing and one touchdown; quarterback Brendan McNeish, 28 yards rushing, one touchdown, and one two-point conversion; and Colin Hensel rushed for a ground-pounding 109 yards.

Outstanding defensive play was turned in by every Warrior. For instance, Colin Hensel had an interception and a 32-yard return, four backfield tackles, and two solo tackles. Other backfield tackles were turned in by Andre White (four), Rashad Wright (two), Mark Hardy (two), Matthew Gushue (two), and Niko O'Mera (two).

Solo tackles were turned in by Frank Liberti (four), Mark Hardy (three), Evan Spear (three), Stephen Teixeira (two), Joshua Ayotte (two), and Patrick McKeever (two).

Fumble recoveries were turned in by Rashad Wright and James Devoe.

GREEN PEE WEES

In the opening game of the season, the Agawam Green Pee Wees were defeated 24-0 in a game that was much closer than the score indicated.

After giving up a quick 16 points in the first quarter, the Agawam defense stiffened. The defense, led by Cam Martin, Pat McClane, Stephen Hellios, Joe Farwell, and Robert Couture, shut down the Westfield offense and held them to only one touchdown in the last three quarters of the game.

The Agawam offense successfully moved the ball close to the goal line, but was unable to score against the tough Westfield defense. The offense was led by quarterback Jason Houle, halfback Paul Vecchiarelli, and fullback Dylan Coulture behind the blocking of Eric Alexopoulos, Shane LaFond, Justin Rahn, and the rest of the Agawam offensive line.

Agawam's chance at a touchdown was called back due to a penalty.

Agawam Green hopes to regain its winning form this Sunday, September 17th, on its home field against Belchertown with a 12:15 p.m. starting time.

Thanks to all of the fans for all of the support!

BLUE PEE WEES

On Sunday, September 10th, the Agawam Warriors' Pee Wee Blue team fell behind early and lost to the Northampton Blue Devils.

Northampton scored on their first possession and then again in the second quarter to wrap up the scoring.

Each time the Northampton halfback broke away for long runs, he simply outraced everyone. The Northampton quarterback recorded the PAT after each touchdown with a quarterback sneak.

The Agawam team played hard and improved with each play both on offense and on defense.

Early in the fourth quarter, tailback Tim Jendrysik cut through the left side and scampered 52 yards for an apparent touchdown. One of the officials detected a block in the back penalty, which nullified the touchdown.

Playing tough defense for Agawam were linebackers Delanie and D.J. Sapelli and Greg Heinbokel; linemen Jonathan Fondakowski, Jake Depalo, and Garrett Gabel; and ends Brandon Munson and Bryan Birchenough. The Agawam defense steadily improved throughout the game, shutting out Northampton in the second half.

Playing very well on offense for the Warriors were quarterback Frank Sacco, fullback Kyle Craig, wingback Kyle Keeley, and linemen Mason Conlan, Justin Chartier, and Matt Munson.

Agawam seeks to improve in its next game: away at Wilbraham at their Spec Pond facility (off Route 20). Game time is scheduled for 12:15.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation in this matter...

For Persons Interested In Officiating Basketball...

IAABO Board To Hold Five-Week Training Course Starting Wednesday, October 4th

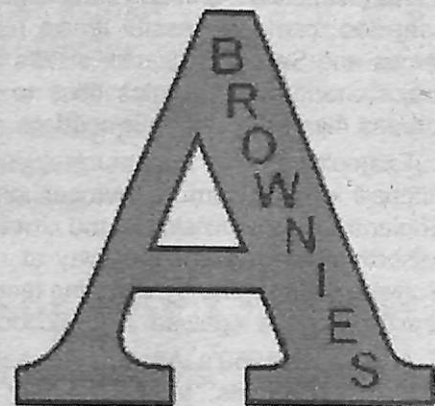
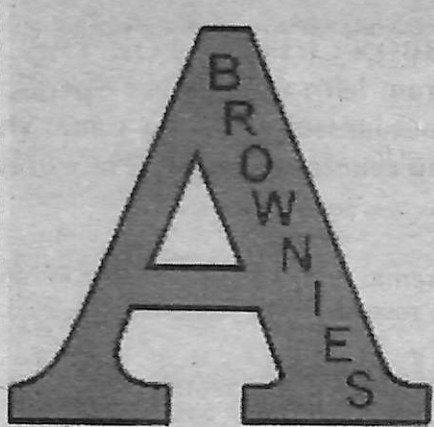
IAABO Board #31, Western Mass. District Board Approved Basketball Officials will be holding training classes for persons interested in officiating basketball.

The classes will begin on Wednesday, October 4th at 7:00 p.m. at Longmeadow High School. The class

is a five-week course held every Wednesday in October and is designed to prepare persons for the IAABO test in November.

For more information regarding the classes, contact Walter Hickson at 533-9177.

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Limit 144 Golfers**

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**DEADLINE: Sept. 23, 2000
3 DIVISIONS: Mixed/Open/
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ENTRY FORM

Entry fee \$60.00 per golfer

Preferred Foursome

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At Ribbon-Cutting Ceremony...

Celebrating Tennis Courts' Improvements

by Kathy Shepard
Feature Editor

An estimated \$25,000 in improvements has resulted in three immaculate asphalt tennis courts at Perry Lane Park, thereby expanding options for recreational space in Agawam.

According to Parks and Recreation Director Christopher Sparks, the improvements were accomplished using funds set aside for capital improvements.

Fred LaPlace of Agawam has been hired to give tennis instructions, pointing out that public courts have spawned many successful tennis players such as Venus and Serena Williams, sisters who have three major Grand Slam singles titles to their credit but learned their skills at public courts.

Examples abound from much closer to home. Rudy Altobelli of Agawam is number one in the New England Seniors Division of the United States Tennis Association. He learned to play at clinics at Mount Holyoke College and by watching tennis matches. He practiced on the Agawam High School courts.

In the early 1960's, Altobelli was asked to help form and coach a girls' tennis team at Agawam High School. There were only four other teams they could play, all from prestigious areas (such as Longmeadow), but by 1962 Altobelli's coaching skills contributed to 15 wins and only five losses for the Agawam High School girls' tennis team.

Altobelli plays on 4.0 teams.

Improvements At Perry Lane Park...

According to Mayor Richard A. Cohen, a total of \$125,000 has been invested this year by Agawam to improve Perry Lane Park. The other improvements have included new playground equipment at the park.

LaPlace gave tennis instructions to over 75 children during the summer program over the course of four sessions at AHS. LaPlace has lived in Agawam for 32 years but has taught tennis "everywhere but here in town," he said. Sparks and Cohen were thrilled that LaPlace would teach.

The tennis lessons schedule follows:

* **Mondays and Wednesdays** - Youth up to 18 from 5:00 p.m. - 5:55 p.m. (ages 4 - 9); 6:00 p.m. - 6:55 p.m. (ages 10 - 17)

* **Tuesdays and Thursdays** - Adults 18 and over from 5:45 p.m. - 7:15 p.m.

* **Mondays and Tuesdays** - Parents over 18 can



AT THE RIBBON-CUTTING FOR THE NEWLY-REFURBISHED tennis courts at Perry Lane Park (from left): Christopher Sparks, Agawam Parks & Recreation director; Brandon Orsatti, camp counselor at Perry Lane; Dave Federico, sports counselor for camp; Mike Federico, camp counselor; Fred LaPlace of Agawam, tennis instructor; and Mayor Richard A. Cohen. Advertiser News photo by Kathy Shepard.

bring their children to Perry Lane Park Daycare and Recreation and receive tennis lessons from 9:30 - 11:00 a.m.

LaPlace is also available for private lessons and can be reached at 786-6753 or 537-5036. LaPlace retired from the Air Force about 18 years ago. He started playing tennis at the age of six and competed at the high school and college level, earning a tennis scholarship. He became president of the Springfield Tennis Club, formed to save clay courts from being bulldozed at Forest Park. Clay courts have great traditions behind them. National-level players such as Timmy Mayotte of Springfield and Val Wilder of Westfield learned on these courts.

LaPlace ran a teaching program for 10 years for children at-risk. "I honed my teaching skills and took care of eight clay courts. I was hired by the Town of Longmeadow to rejuvenate their tennis program for youths and adults. I had 11 instructors under my direction. I fell in love with teaching tennis, and I am told that most of my students liked the way I taught because I made it fun."

Cohen told us, "The opening of the new courts is both exciting and promising because this is something the town has needed and is long overdue. With the cooperation of the Parks and Recreation Department,

SEE TENNIS COURTS - Page 45

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Agawam Soccer Association Standings

U-10 GIRLS

	W	L	T	P
Tuohey Yellow Jackets	1	0	0	3
Scherpa Blue Flames	0	1	0	0
Pelletier Red Rockets - Rained Out				
Gendon Blue Lightning - Rained Out				
Marsh Green Ball Hogs	0	0	1	
Parent Orange Hurricanes	0	0	1	

U-12 GIRLS

	W	L	T	P
Wood Red Demons	2	0	0	6
Beroth Blue Angels	1	1	0	3
Prout Yellow Jackets	1	0	0	3
Pietroniro Warriors	0	1	0	0
Brewster The Thunder	0	1	0	0

U-17 (CO-ED)

	W	L	T	P
Comme Cosmic	1	0	0	3
Adams Blue Thunder	0	1	0	0
Howe Green Hornets	1	0	0	3
Francis Red	0	1	0	0

U-10 BOYS

	W	L	T	P
Paulin Blue Demons	2	0	0	6

Ellsworth Red Devils	1	1	0	3
Giusto Mellow Yellow	1	1	0	3
Hastings Orange Vipers	1	0	0	3
Gould Black Shadow	1	1	0	3
Lafoe Blue Thunder	1	1	0	3
McElligot Blue Jays	0	1	0	0
Farrington Green Machine	0	2	0	0

U-12 BOYS

	W	L	T	P
Brin Green Giants	1	1	0	3
Laporte Blue Devils	2	0	0	6
Nawskon Red Devils	0	2	0	0
Lombardini Orange Crush	0	1	0	0
Henigan Yellow Jackets	1	0	0	3

U-14 (CO-ED)

	W	L	T	P
Adams Green Hornet	2	0	0	6
Zmaczynski Mellow Yellow	2	0	0	6
White Blue Maniacs	0	1	0	0
Lane Red Devils	0	1	0	0
Nawskon Orange Enforcers	0	2	0	0



TENNIS INSTRUCTOR FRED LAPLACE of Agawam gives Mayor Richard A. Cohen a few pointers at the newly-refurbished tennis courts at Perry Lane Park. Advertiser News photo by Kathy Shepard.

TENNIS COURTS - from Page 44

the Department of Public Works, and the Mayor's Office, we were able to get this job done and get it done well.

"We were very lucky to engage the services of Fred LaPlace as tennis instructor. He is very compassionate and an excellent instructor," concluded Cohen.

Dal Molin Golf Tournament Set For Oct. 15th

The Thomas Dal Molin Scholarship Committee will be holding their Annual Golf Tournament on Sunday, October 15th, at St. Anne Country Club in Feeding Hills.

The cost for the event is \$65.00 and includes green fees, cart, and dinner.

For tee times, call Kip at 786-9773, Brian at 789-

2901, or Mary Lou at 786-1959.

Checks should be made payable to the Thomas Dal Molin Scholarship Fund, c/o Mary Lou Vigue, 70 Reed Street, Agawam, MA, 01001.

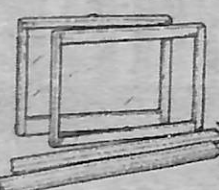
The deadline for tee times and money is October 7th.

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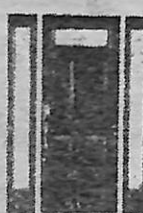
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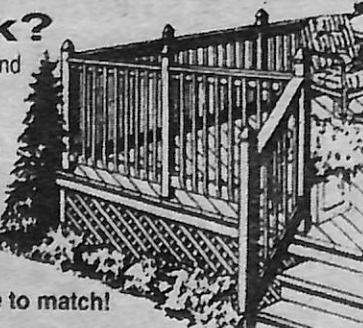
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During Six Flags Soccer Classic...

An Early "Blizzard" Came To Western Mass.

The Agawam Blizzard, girls Under 12 Division Two, stormed into the Six Flags Soccer Classic this past Labor Day weekend and picked up where they left off last fall.

In November 1999, the Blizzard went to the Division Two finals against Cold Spring from Belchertown, starting the game as snow flurries flew.

On Monday, September 4th, at the Agawam Jr. High, the Blizzard took the Division One powerhouse East Longmeadow to a penalty kick shootout after 70 minutes of a 1-1 tie semifinal game, and again bizarre weather conditions would follow the Blizzard.

The road to the semi-finals first went through Gateway. In game one, Lauren Maloney got the first tally for the Blizzard from right in front of the Gateway goal on a nice feed from Michelle Santos. Michelle would be involved in all three goals for the Blizzard.

Lisa Truschelli, streaking down the left side of the field, made a highlight, reel-type crossing pass to Michelle in the front of the goal for an easy tip-in. Michelle's second goal of the game cemented the victory as she popped one into the upper right hand corner.

The Blizzard defense was as stifling as the heat at Saturday noon, as goaltender Carly Keeley faced no shots in the second half thanks to stingy defensive play from sweeper Sandy Moller and fullbacks Samantha Lisee, Sara Long, Jocelyn Mason, and Sara Wood. Rookie Molly Brooks showed tenacity in the outside halfback position with her hustle and willingness to play physical when necessary.

In game two versus the Warriors of Framingham, the stellar play of the Blizzard could only be overshadowed by the uncanny weather events.

The first half started with unbearable heat, which quickly changed to a downpour of Biblical proportions, and ended in a victory for the Blizzard to the sound of rolling thunder.

Outside halfback Lisa Truschelli, assisted on a goal by Lauren Maloney, put the Blizzard up 1-0 in the first half.

For the start of the second half, the game was moved to higher grounds for a drier field.

Carly Keeley, celebrating her 11th birthday, decided it was better to give than to receive as she gave the Blizzard a 2-0 lead, with a goal assisted by Michelle Santos.

New Blizzards Kim Murphy and Megan Bodman, along with the help of Amy Delude, stuffed up the middle at halfback to keep the pressure in the Warriors' end of the field.

In the second half, goaltender Lisa Truschelli made a game-saving stop, coming out to block a shot that would have tied the game.

Later, birthday cake would add to the post-game celebration.

In game three against the Palmer Strikers, a one-to-zero Blizzard victory was so tight that if you didn't walk away with a migraine, you weren't paying attention.

Katelyn Olson, fresh out of no less than three summer soccer camps, scored the game's only goal, tipping in a perfect pass from Leah Marsh to defeat an old Blizzard nemesis.

Center forward Jennie Deglis had a chance to make it a breathable 2-0 game with a shot dead on from in front of the Palmer goal, but she was victimized by the sharp Strikers' goalie. She was still all smiles after the game, anyway, because it's the team effort that counts.

Next on the list was the Natick Eagles. The Blizzard had to move the game up to Robinson Field due to heavy rains and, somewhere along the way, they forgot to bring their game with them. After three games in 30 hours, the Blizzard were flat-footed and had to endure a 4-0 defeat to a motivated Natick club.

Psyched for the Semi-finals on Monday morning against Division One East Longmeadow, the Blizzard



TEAM MEMBERS OF THE AGAWAM BLIZZARD enjoyed an outstanding Six Flags Soccer Classic (sponsored by the Agawam Soccer Association) during Labor Day weekend. **Back row:** Coach Kevin Pfau, Michelle Santos, Sara Wood, Samantha Lisee, Lauren Maloney, Lisa Truschelli, Kimberly Murphy, Leah Marsh, Jennie Deglis, Sandy Moller, and Coach Steve Maloney. **Front row:** Katelyn Olson, Jocelyn Mason, Megan Bodman, Sara Long, Lindsey Pfau, Molly Brooks, Amy Delude, and Carly Keeley.

came out and played the best game we have ever seen to date.

The girls knew that defense was the word of the day, and each and every Blizzard played like it was for the World Cup.

The East Longmeadow offense was stopped at every turn, and they learned scoring was nearly impossible when they had to share their skin with the likes of Sara Long, Sandy Moller, Samantha Lisee, and Jocelyn Mason.

A 1-1 tie lasted through two overtimes, as neither team would give an inch.

A shootout would decide the game in favor of East Longmeadow, as no one puts a foot to the ball for a free shot better than those girls. Just by the sound alone, you could tell it was a shot not to be denied.

In the consolation game versus Natick, the Blizzard went down 2-0, but still happy with the results over the whole tournament.

The highlight of this game was probably Lindsey

Pfau absorbing a body check in front of the Natick goal, with the result leaving the Natick defender flat on the ground. Her quick feet and great balance kept Lindsey going on her way. Amy Delude was not so lucky, being slammed to the ground by a Natick enforcer and then also victimized by the referee (who had a clear view of the mugging but never made a call).

The players and coaching staff want to thank the parents of the Blizzard team for giving up a three-day weekend for the tournament. The girls learned a lot about soccer and sportsmanship in these few days and also surprised themselves a little bit. We look forward to a big season this fall.

The Blizzard family wants to thank the Six Flags Tournament Committee, Mayor Cohen, and all the volunteers for their hard work. Also, thanks go out to the good people at Six Flags New England for their generous sponsorship. It was a lot of work, but it's for the kids!

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Fall 2000 Offerings From Town Of Agawam's Parks & Recreation Department

YOUTH PROGRAMS

* PIRANHAS SWIM TEAM:

The Agawam Recreation Department sponsors a competitive swim team for children ages 5-18. Swimmers must be at least 5 years old by October 1, 2000 and able to swim one length of the pool to be eligible for swim team. Practice time and cost will vary based on swimmer's age. Registration will be held at the parents' meeting and will continue at the Recreation Office on September 19th.

Parents' meeting/registration: Monday, September 18th, Agawam Public Library Community Room, 6:00 to 8:00 p.m.

Practice begins: Tuesday, October 10th, Agawam Junior High School, 6:00 to 8:00 p.m.

* PUBLIC SWIM:

The Agawam Junior High School Pool will be open for public swim on Friday evenings from 6:30 to 8:30 p.m. Children under the age of 12 must be accompanied by an adult. Flotation devices are not permitted. Disposable diapers are not permitted in the pool at any time. A cloth diaper with rubber pants or "swimmies" diapers are recommended.

Public Swim: Fridays, starting October 6th, Agawam Junior High School Pool, 6:30 to 8:30 p.m.

Cost: \$2, age 6 and older; \$1, age 5 and younger.

* PERRY LANE NURSERY SCHOOL:

The Town of Agawam offers a Nursery School program at Perry Lane serving children ages 2.9 - 5. We strive to develop socialization, self-esteem, and kindergarten readiness skills, as well as a life-long love of learning. Activities include dramatic play, story time, field trips, and more. Teaching staff are certified and Office of Child Care Services qualified. The Nursery School is licensed by the Massachusetts Office of Child Care Services. Registration will continue until classes are filled. Please call the Recreation Office or Perry Lane Nursery School at 789-1616 for more information.

* SWIMMING LESSONS:

Youth Swimming Lessons will be offered again this Fall by the Springfield YMCA at the Agawam Junior High School. These lessons are one day a week and will last for seven weeks.

Weekdays: Mondays, beginning October 2nd (no class on Columbus Day, October 9th).

Weekdays: Wednesdays, beginning October 4th.

Times: 4:00 p.m. (ages 3-5) and 5:00 p.m. (ages 6 and older).

Weekends: Saturdays, beginning October 14th.

Times: 9:00 a.m. (ages 3-5) and 10:00 a.m. (ages 6 and older).

Cost: \$25 per person.

Limit: 21 for 3-5 year old classes; 26 participants for 6 and older classes.

Registration for the fall session began on Tuesday, September 12th, and is continuing in the Recreation Office. Registration is limited and will be taken on a first-come, first-serve basis.

* YOUTH & INSTRUCTIONAL BASKETBALL:

The Agawam Recreation Department sponsors the in-town basketball program for children in grades 3-12. Practices will be held one day a week beginning the week of November 27th. Games will be held on Saturday or Sunday beginning January 6, 2001.

Participants in grades 1 & 2, or age 6 by January 1, 2001, will learn the fundamentals of basketball on Saturday mornings at the Agawam High School beginning January 6, 2001.

Registration for both of these programs will be held on Wednesday, October 4th, from 7:00 to 8:30 p.m. in the Agawam Junior High School cafeteria.

Any adult interested in coaching is asked to call the Recreation Office.

* "FRIDAY NIGHT FAMILY FUN NIGHTS":

The Parks & Recreation Department will be hosting "Friday Night Family Fun Nights" throughout the school year. "Fun Nights" may include open gym time, structured games and activities, public swims, cartoon festivals, movies, and a whole lot more.

Information for "Fun Nights" will be distributed through the schools, in *The Agawam Advertiser News*, and on the Community Channel.

For more information, to share ideas, volunteer, or to help plan and organize these nights, please call Chris Sparks at 821-0514.

ADULT PROGRAMS

* WALKING GROUP:

Anyone interested in walking for exercise or using the High School track is encouraged to join us Monday through Thursday evenings from 6:00 to 8:00 p.m. and Saturday mornings from 7:30 to 9:30 a.m. at the High School track. The track will be open through October, weather permitting.

* WOMEN'S VOLLEYBALL:

Women's volleyball is a supervised volleyball program for Agawam residents ages 18 and over. Proof of age and residency are required for admission.

Mondays, starting October 2nd, Agawam Junior High School, 6:45 to 8:45 p.m.

Cost: \$3/night or \$25/10 weeks.

* MEN'S & CO-ED VOLLEYBALL:

Men's and co-ed volleyball is a supervised volleyball program for Agawam residents ages 18 and over. Proof of age and residency are required for admission.

Tuesdays, starting October 3rd, Agawam High School, 6:45 to 8:45 p.m.

Cost: \$3/night or \$25/10 weeks.

Registration for volleyball will be accepted the first night of the program at the gyms.

* DROP-IN BASKETBALL:

Drop-in basketball is a supervised basketball program for Agawam residents ages 18 and over. Proof of age and residency are required for admission.

Mondays & Wednesdays, starting November 1st, Agawam High School, 6:45 to 8:45 p.m.

Cost: \$2/night.

Registration for drop-in basketball is not necessary.

The drop in fees for the volleyball and basketball programs are payable to the site supervisor each visit.

FAMILY PROGRAMS

* SPRINGFIELD FALCONS HOCKEY:

The Springfield Falcons are pleased to announce seven "Group Nights" at the *Nest*. These games will have a family-oriented theme and will benefit the Town of Agawam's Recreation Department. A one-price ticket of \$7.50 allows children, adults, and seniors admission to the game(s) of their choice. *Tickets must be purchased at the Recreation Department by 12:00 noon on Thursday prior to the game date.* Call the Recreation Department at 821-0514 for more information.

Schedule:

Sunday, October 8th: 5:00 p.m., versus the Providence Bruins.

Thursday, November 9th: 7:00 p.m., versus the Providence Bruins.

Friday, December 8th: 7:30 p.m., versus the Worcester Ice Cats.

Friday, January 5th: 7:30 p.m., versus the St. John's Maple Leafs.

Friday, February 9th: 7:30 p.m., versus the Syracuse Crunch.

Sunday, March 4th: 5:00 p.m., versus the Hartford Wolf Pack.

Wednesday, April 4th: 7:00 p.m., versus the Wilkes Barre Penguins.

* TENNIS LESSONS:

We have three brand new tennis courts at Perry Lane and are expanding our lessons into the fall for the first time ever. Children and adults alike can take evening lessons beginning the week of September 11th and ending the week of October 2nd.

Youth Lessons:

Weekdays: Mondays & Wednesdays.

Times: 5:00 to 5:55 p.m. (ages 4-9); 6:00 to 6:55 p.m. (ages 10-17).

Cost/Limit: \$25 per person/10 per class.

Adult Lessons:

Weekdays: Tuesdays & Thursdays.

Times: 5:45 to 7:15 p.m. (ages 18 and older).

Cost/Limit: \$35 per person/6 per class.

Weekdays: Mondays or Tuesdays.

Times: 9:30 to 11:00 a.m. (ages 18 and older)

Cost/Limit: \$20 per person/6 per class.

Registration for the fall tennis lessons has begun and will continue in the Recreation Office until the program is full. Registration is limited and will be taken on a first-come, first-serve basis.

GENERAL INFORMATION

The Agawam Parks & Recreation Office is located in the rear of Agawam High School.

Christopher Sparks, Director of Parks and Recreation.

Address: 760 Cooper Street, Agawam, MA 01001.

Phone: (413) 821-0513; (413) 821-0514 - answering machine.

Fax: (413) 789-2610.

E-mail: recreation@agawam.ma.us.

* REFUNDS:

If a class is cancelled by the Recreation Department, a full refund or credit will be given. A \$15 fee will be charged for all refunds due to participant cancellation. There are **NO MAKE-UPS FOR MISSED CLASSES**.

* BOUNCED CHECK FEES:

The Town of Agawam will impose a \$25 fee on checks returned due to insufficient funds.

* REGISTRATION:

Registration must be done in person **between 9:00 a.m. and 4:00 p.m.** No phone registrations will be accepted. Enrollment for all programs is limited on a first-come, first-serve basis. Registration with payment for all courses is required; make checks payable to "Town of Agawam." A parent's or legal guardian's signature is required for all youth programs.

* INCLEMENT WEATHER/MAKE-UP POLICY:

In the case of severe weather conditions, the Recreation Department will list all cancellations on the Recreation Department's answering machine. Classes cancelled due to inclement weather will not be made up. Please call the Recreation Office at 821-0514.

* INSURANCE:

The Town of Agawam does not carry insurance to cover medical costs or hospitalization for anyone injured in or watching any of our Parks & Recreation programs.

Program participants must sign a grant of permission and release waiver to participate in Recreation Department-sponsored activities.

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LAURA'S LESSONS: Private music instruction. Now accepting students for fall. Specializing in piano/keyboard, clarinet, and alto saxophone. Call Laura Fontaine, **789-4908**, to reserve a day/time slot today.

FOR SALE

FOR SALE: "Rascal" electric cart w/trunk lift. One year-old. \$1,500 or best offer. **789-3876.**

FOR SALE: 1986 Chevy S-10 pick-up. 4 cyl., 4 spd., ext. cab. 77K miles. For parts or fix up. Call Tom, **786-1285.**

FOR SALE: Electric organ. Full keyboard, stops, foot pedals.

Electric accompaniment (bass, chords, rhythm). Bench and sheet music included. Walnut furniture. Excellent condition. \$350 or best reasonable offer. **(413) 786-5774** after 6.

FOR SALE: Antique 1965 Corvair. 50,000 miles with original owner. Great condition. White with red interior. This is ready to go. Runs like a charm. \$5,000. Call **789-8900** if interested.

FREE

FREE CLOTHING FOR THOSE WITH A NEED:

Tuesdays, 9 a.m. to 12 noon at Bethany Assembly of God Church, Route 57 and Main Street, Agawam.

WANTED

LANDSCAPER: Do you prefer outside work? Local condo seeks full-time, year-round landscaper. Must be 18 or over. \$9.00/hr. to start. Group health ins. offered. Send letter of application to Manager, P.O. Box 541, Agawam, MA 01001-0541.

NIGHT MANAGER: 2nd shift, M-W; days, Sat. & Sun. 52-hour work week. Starting, \$406; after 10 weeks' training and certification, \$516. Pleasant working conditions, full benefits after 6 months. Food Bag - Citgo, 884 Westfield St. (Rt. 20), W. Spfld. **734-6851.**

WAIT STAFF NEEDED IMMEDIATELY: Apply at Peppo's Place, 605 Silver Street, Agawam.

* * *

If you visit the Advertiser News' new office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance. Thank you...

HELP WANTED:

Mothers' hours, M-F. Agawam location, sandwich shop. No exper. needed; will train. **786-3343.**

KITCHEN HELP WANTED:

Dishwasher. Fran's Restaurant. Call **786-2252** between 7 a.m. and 2 p.m.

MODELS WANTED:

MODEL SEARCH U.S.A. will be at the Sheraton, Springfield on Saturday, Sept. 16th. Auditioning Ages 1 and Up. Call to register - **(203) 481-0547.**

BABYSITTER WANTED:

Experience a must! Weekends and occasionally during the week. \$4.50 per hour (1 child). Call **786-1953** after 5:00 p.m.

ESSAYS WANTED:

"Win A 20 Acre Horse Farm" essay contest. Entry fee \$100. For contest rules, send a stamped, self-addressed envelope to Ingrid Grant, 94 Central Park Drive, Holyoke, MA 01040.

ESSAYS WANTED:

"Win A Paso Fino Horse" essay contest. Entry fee \$10. For rules, send a stamped, self-addressed, letter-size envelope to Pleasure Horse, 43 Russell Road, Blandford, MA 01008.

TAG SALE

TAG SALE: Sat. & Sun., Sept. 16th-17th, 8 a.m. to 4 p.m. 28 Cleveland St. (off Spfld. St.), F.H. Clothes, furniture, household items, golf clubs, and much more.



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Gulf View
12' & 15' width Berber
Heavy Traffic - 65 oz.

\$249
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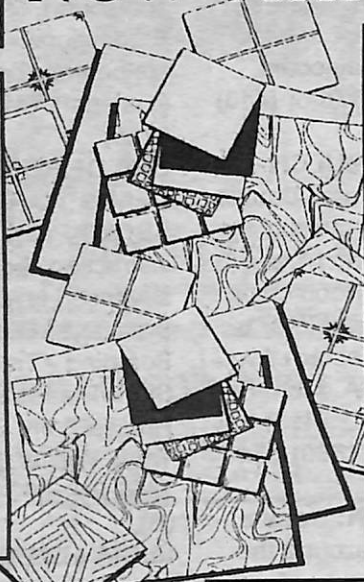
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NO PAYMENT,
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FOR 6 MONTHS!

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Heavy Textured Plush
65 oz. Nylon Monsanto Wear Dated

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\$425
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13"x13" Southwest
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\$189
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Best Buys
White or Beige

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VINYL

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wood**

**CERAMIC
TILE**

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